

# MASHONALAND AMATEUR SWIMMING BOARD



MASHONALAND  
AMATEUR  
SWIMMING  
BOARD



# HANDBOOK 2009 / 2010

## 2009 / 2010 SWIMMING SEASON DATES - MASHONALAND

<u>DATE</u>	<u>GALA</u>	<u>TIME</u>	<u>VENUE</u>	<u>CLUB DUTY</u>
<b><u>SEPTEMBER 2009</u></b>				
18TH	1 <sup>ST</sup> SEEDED GALA	6 PM	LES BROWN	SPARTANS
<b><u>OCTOBER</u></b>				
2ND	2 <sup>ND</sup> SEEDED GALA	6 PM	LES BROWN	PIRATES
3RD	<u>SNR GIRLS RELAY GALA</u>	8 AM	CHISIPITE	CHISIPITE SENIOR SCHOOL
3RD	<u>SNR BOYS SCHOOL A DIV</u>	8 AM	<u>LES BROWN</u>	TBA
4TH	1 <sup>ST</sup> JUNIOR LEAGUE GALA	9.30 AM	LES BROWN	OTTERS
17TH	<b>NATIONAL SPRINT GALA</b>	<b>9.00 AM</b>	<b>CITY POOL</b>	<b>MUTARE</b>
23RD	3 <sup>RD</sup> SEEDED GALA	6 PM	LES BROWN	SHARKS
25TH	2 <sup>ND</sup> JUNIOR LEAGUE GALA	9.30 AM	LES BROWN	HIGHLANDS / DORADOS
<b><u>NOVEMBER 2009</u></b>				
1ST	MASH SHORT COURSE GALA	9 AM	HERITAGE	SPARTANS
6TH	4 <sup>TH</sup> SEEDED GALA	6 PM	LES BROWN	OTTERS
8TH	3 <sup>RD</sup> JUNIOR LEAGUE GALA	9.30 AM	LES BROWN	PIRATES
14TH	<u>INTERSCHOOLS JNR A DIV</u>	8 AM	<u>LES BROWN</u>	TBA
15TH	<b>MASH' DEV' CHAMPS</b>	9 AM	LES BROWN	ALL CLUBS
20TH	5 <sup>TH</sup> SEEDED GALA	6 PM	LES BROWN	HIGHLANDS / DORADOS
22ND	4 <sup>TH</sup> JUNIOR LEAGUE	9.30 AM	LES BROWN	SHARKS
27TH	<b>MASH' SENIOR CHAMPS</b>	6 PM	LES BROWN	SPARTANS
28TH	<b>MASH' SENIOR CHAMPS</b>	9 AM	LES BROWN	OTTERS
29TH	<b>MASH' SENIOR CHAMPS</b>	9 AM	LES BROWN	PIRATES
<b><u>DECEMBER 2009</u></b>				
4TH	<b>MASH' SENIOR CHAMPS</b>	6 PM	LES BROWN	HIGHLANDS / DORADOS
5TH	<b>MASH' SENIOR CHAMPS</b>	9 AM	LES BROWN	SHARKS
6TH	<b>MASH' SENIOR CHAMPS</b>	9 AM	LES BROWN	SPARTANS
<b><u>JANUARY 2010</u></b>				
24TH	5 <sup>TH</sup> JUNIOR LEAGUE	9.30 AM	LES BROWN	PIRATES
29TH	6 <sup>TH</sup> SEEDED GALA	6 PM	LES BROWN	SPARTANS
30TH	<b>MASH' JUNIOR CHAMPS</b>	9 AM	LES BROWN	OTTERS
31ST	<b>MASH' JUNIOR CHAMPS</b>	9 AM	LES BROWN	SHARKS
<b><u>FEBRUARY 2010</u></b>				
6TH	<u>GIRLS NORTHERN GALA</u>	8 AM	LES BROWN	TBA
13TH	<u>GIRLS FINALS GALA</u>	8 AM	LES BROWN	TBA
18TH	TBC	<b>5 PM</b>	<b>BYO</b>	
19TH	TBC	9 AM	<b>BYO</b>	
20TH	TBC	9 AM	<b>BYO</b>	
21ST	TBC	9 AM	<b>BYO</b>	
22ND	TBC	9 AM	<b>BYO</b>	
<b><u>MARCH 2010</u></b>				
6TH	<b>JUNIOR NATIONAL CHAMPS</b>	9 AM	<b>HARARE</b>	PIRATES / OTTERS
7TH	<b>JUNIOR NATIONAL CHAMPS</b>	8 AM	<b>HARARE</b>	SHARKS / HIGHLANDS

### TOUR DATES

<b><u>OCTOBER 2009</u></b>				
17/18 <sup>TH</sup>	FINA ARENA WORLD CUP	KINGS PARK, DURBAN	RSA	ZIM TOUR
22-25 <sup>TH</sup>	8 <sup>TH</sup> JNR AFRICAN CHAMPS	MAURITIUS		ZIM TOUR
<b><u>JANUARY 2010</u></b>				
7 <sup>TH</sup> -10 <sup>TH</sup>	CANA ZONE 3 & 4 INVITATIONAL	NAIROBI, KENYA		ZIM TOUR
<b><u>MARCH 2010</u></b>				
12 <sup>TH</sup> -16 <sup>TH</sup>	LEVEL 3 AGE GROUP GALA	EAST LONDON	RSA	ZIM TOUR
19 <sup>TH</sup> -22 <sup>ND</sup>	LEVEL 2 REGIONAL AGE GROUP	GERMISTON, JHB	RSA	PROV TOUR
27 <sup>TH</sup> - 29 <sup>TH</sup>	LEVEL 1 REGIONAL AGE GROUP	SASOLBURG	RSA	CLUB/ PROV TOUR
<b><u>APRIL 2010</u></b>				
12 <sup>TH</sup> - 17 <sup>TH</sup>	SA SNR & YOUTH NATIONAL CHAMPS	KINGS PARK, DURBAN	RSA	ZIM TOUR
<b><u>AUGUST 2010</u></b>				
SEPT 2010	YOUTH OLYMPICS	SINGAPORE		ZOC TOUR
SEPT 2010	3 <sup>RD</sup> FINA WORLD JNR SWIM CHAMPS	PERU		ZIM TOUR
SEPT 2010	SNR AFRICA CHAMPS	KENYA		ZIM TOUR
SEPT 2010	ZONE 6 YOUTH GAMES	SWAZILAND		SRC TOUR
DEC 2010	10 <sup>TH</sup> FINA SHORT COURSE CHAMPS	DUBAI		ZIM TOUR

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## MASHONALAND AMATEUR SWIMMING BOARD

### GENERAL INFORMATION

#### MASHONALAND CLUB REPRESENTATIVES

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### FORMAT, INFORMATION AND DUTIES FOR MASHONALAND GALAS

ALL GALAS WILL BE RUN IN ACCORDANCE WITH FINA RULES

#### A. ELIGIBILITY

Every gala is open to all swimmers registered with the Mashonaland Amateur Swimming Board through an affiliated body. As part of its contribution to the development of swimming in Zimbabwe, the Mashonaland Amateur Swimming Board may invite other Provincial Boards to enter swimmers, registered with their Board and the Zimbabwe Aquatic Union, in some or all of the galas staged by the Board. Also as part of its contribution to the development of swimming in Zimbabwe, MASB may allow schools to enter swimmers in the junior and senior galas at no entry charge. If these swimmers wish to participate in championships they would need to affiliate themselves to Mashonaland and ZSBC.

## **B. AGE GROUPING**

### **Senior League**

Age groups will be based on AGE AT 31ST DECEMBER of the year in which the event is being swum. The age groups are:

<u>AGE GROUP</u>	<u>YEAR OF EVENT</u>	
	<u>2009</u>	<u>2010</u>
10 / Under	<u>Born</u> 1999/Later	<u>Born</u> 2000/Later
11/12	1998/1997	1999/1998
13/14	1996/1995	1997/1996
15/16	1994/1993	1995/1994
17 / Over	1992/Earlier	1993/Earlier

Swimmers may only swim up in a higher age group for relay events and then only in the next highest age group.

### **Junior League**

Age grouping will be based on AGE AT THE 1<sup>ST</sup> DAY OF THE GALA. If an entrant's birthday falls on this day, the age the entrant turns that day is used to determine age group. The age groups for 2009/2010 are:

<u>For Individual Events</u>	<u>Relay Age Groups</u>
8 and Under	8 and Under
9 and Under	9 Year old
10 and Under	10 Year old
11 and Under	11 Year old

**If a swimmer changes age group during the season** and as a result is not able to compete in a particular event at the higher age group (i.e. event changes from 1 length to 2 lengths), that swimmer may be permitted to swim up in the higher age group for the express purpose of recording a time for selection for the **National Junior Championships** in that event. In this situation, a **written application** (which must include the swimmer's date of birth, and must be made by the club or school coach) to the MASB Chairman or, in his or her absence, the referee, at least 30 minutes prior to the start of the gala. If permission is granted, no points will be awarded if the swimmer were placed. Club coaches are to revise this as soon as the National Junior Championship dates are confirmed. Please **note this season's programme of events has increased in the number of events.**

## **C. FORMAT OF GALAS**

**THE ONE START RULE WILL APPLY TO ALL GALAS (FINA RULE SW 4.1)**

### **SEEDED GALAS & SHORT COURSE GALA**

1. The seeded galas will be swum as boys and girls combined, on a seeded basis. Results are separated in relevant age groups, i.e. 10/under, 11/12, 13/14, 15/16 & 17/over. Short Course galas will be swum as 10/under, 11/12, 13/14, 15/over. Male and female events are swum separately.
2. There will be no finals, and events will be swum in heats with entries seeded in accordance with the swimmers' previous best time. For each event the seeding, as there are no finals

involved, will be such that the eight fastest swimmers are grouped in the final heat, the next eight fastest in the second last heat and so on until all swimmers have been allocated to a heat; except if there are less than three swimmers in the slowest heat, the slowest swimmers in the next slowest heat shall be allocated a place in the slowest heat, until that heat contains three swimmers.

3. The Mashonaland Board reserves the right to reduce the number of swimmers in heats below the normal eight if there are insufficient timekeepers available to adequately cover eight lanes.
4. Results based on times recorded, will be published by event and age group.
5. Swimmers will be limited to a maximum of 4 swims per evening only.

### MASHONALAND CHAMPIONSHIPS

1. All heats and seeded finals will be swum on a seeded basis as per FINA RULE SW 3.1 - circle seeding.
2. Finals will be swum by age group based on the fastest eight qualifiers and two reserves provided that, where less than eight swimmers qualify over all age groups for any given event, the respective age group finals shall be swum as a seeded final, at the referees discretion.
3. Awards will be made to swimmers and relay teams placed first, second and third. Clubs may enter more than one relay team per event at the Boards discretion. Swimmers may swim their own age relays and one age group up to complete a relay for a club team in order for them to be able to enter an 'A' team. All teams are eligible for awards, but only 'A' teams are eligible for points. Entries to be in by Thursday (one week before the Gala) and scratchings to be done at the Managers meeting prior to the Gala.
4. Age Groupings will be 12/under, 13/14, 15/16, 17 & over (**50m events only for 10/under age group**).

### JUNIOR LEAGUE GALAS

1. All events will be swum as seeded finals by age group and results will be published by age group. **Except the Individual Medley which will be swum mixed age and gender to acclimatise juniors into the senior format.** Results will still be published by age group and gender.
2. Clubs may enter two or more relay teams, provided there are spare lanes and at the referees discretion. Mixed gender relay teams will be allowed although no points will be scored for any relays swum.

### MASHONALAND JUNIOR CHAMPIONSHIPS

1. For each individual event and for each age group there will be heats and finals. Seeding will be as per FINA RULE SW 3.1 – circle seeding. The eight fastest swimmers in the heats and two reserves will qualify for the final.
2. The swimmers and relay teams that are placed first, second and third in the finals will be given awards. **Boys and girls relay teams will be swum separately.**

3. Clubs may enter two or more relay teams provided there are spare lanes and at the Referees discretion but points will only be awarded to 'A' teams placed. However 'B' relay teams will be eligible for awards.
4. The Junior League Trophies will be presented at the completion of the Championships to the girl's team, the boy's team and the overall club team with the highest aggregate of points for the five Junior League Gala's and the Junior Championships.

### DEVELOPMENT GALAS

This gala is for swimmers who have not represented Mashonaland and who have not represented another province at a Nationals Gala.

Events will be swum and results published by age groups. Should there be insufficient entries; girls and boys events shall be swum together.

Places or prizes will be awarded to those swimming in this gala.

### ALLOCATION OF POINTS

Scoring for all of the above galas, where points are awarded, will be as follows:

	<u>Individual Events</u>	<u>Relays</u>
1st place	10 points	20 points
2nd place	8 points	16 points
3rd place	6 points	12 points
4th place	5 points	10 points
5th place	4 points	8 points
6th place	3 points	6 points
7th place	2 points	4 points
8th place	1 point	2 points

## **D. ENTRY PROCEDURES**

### SEEDED GALAS, SPRINT GALAS and MASHONALAND CHAMPIONSHIPS

Entries should be prepared on the "Team Manager" computerized swimming team management system and submitted, by e-mail, to the Senior Results Convenor at least 48 hours before the gala.

### DEVELOPMENT GALAS

To avoid delaying the start of this gala, entries, where possible, are to be collected from schools on the Friday before the gala to allow computer entries to be done in advance. Late entries may be done not later than 1 hour before the start of the gala.

### JUNIOR LEAGUE GALAS and MASHONALAND JUNIOR CHAMPIONSHIPS

1. Entries should be prepared on the "Team Manager" computerized swimming team management system and submitted by e-mail, to the Junior Results Convenor, at least 48 hours before the gala.
2. For all of the galas mentioned above, the closing time for late entries and scratchings will be 30 minutes prior to the commencement of the gala. These events will not be re-seeded. This rule will be strictly adhered to.

3. For relay events, the following details must be recorded on the tickets:
  - Club name and 'A' or 'B' team
  - Age group
  - Event number
  - Names and order of swimmers in each relay
4. Lane draws for relay events will be seeded on entry times. Swimmers must report to the marshal in the designated area two events in advance of their event.

#### **E. SCRATCHINGS**

1. Should a swimmer fail to report for an event for which they have been entered, they will be fined. Scratchings from events must be carried out by the coach and should be done **30 minutes before the gala commences**.
2. In the case of the **Mashonaland Championships**, if a swimmer who has entered and **does not** report for a race, be it a heat or a final, a fine of will be raised at **\$10 per event** and the swimmer will be eliminated from further competition in individual events (be it a heat or a final) until the fine has been paid. Any scratchings from finals are to be carried out by the coach within 30 minutes of the results being posted.
3. These penalties may be waived at the Board's discretion, should the swimmer present a doctor's certificate or give adequate grounds for not reporting on time.

#### **F. PROTESTS AND APPEALS**

FINA RULES GR 10.3 AND GR 10.4 will apply. Protests must be submitted in writing with a deposit of **\$10** to the Referee and must be lodged within 30 minutes of the results being posted.

#### **G. CLUB DUTIES**

The duty club is responsible for the following:

1. Manning the entrance gate/gates and accounting for takings. These persons are to be at the gate/gates in **good time** (1 hour before start of gala).
2. Gate takings are to be handed to the Treasurer of the Mashonaland Board (or in his or her absence, any other member of the Mashonaland Amateur Swimming Board).
3. Provide persons to perform the following tasks.
  - a. Runner (*taking the timekeepers sheets to the computer room*)
  - b. Lane and heat allocation where this is not computerized.
  - c. Supplying teas to officials and invited guests.
  - d. Assisting by providing Time Keepers and Marshalls in advance of the start of the gala.



## H. FEE STRUCTURE

ZSBC Fees	<b>\$25</b>	(to be paid by 15 <sup>TH</sup> October 2009)
MASB Fees	<b>\$50</b>	(to be paid by 15 <sup>TH</sup> October 2009)

- a. **Spectator Season Tickets** (allowing entry into all Mashonaland Galas) will be **\$10** for the season.
- b. **Gate Fee entrance** into all galas (for non season ticket holders) **\$2**.
- c. Children under 12 and Pensioners **free** of charge.
- d. MASB Affiliated swimmers spectating at galas are also **free** of charge.
- e. Entry fees for swimmers to Mashonaland Championships will be advised.

## I. TIME STANDARDS AND MASHONALAND SELECTION

1. As part of the criteria for selection onto the Mashonaland team to swim at the Nationals, swimmers should have swum *individual* events in at least **two Seeded Galas** and **Mashonaland Championships**, or in the case of juniors, swum in at least **two Junior League galas** and **the Mashonaland Junior Championships**. Valid excuses such as medical reasons should be submitted in writing with supporting documentation, to the MASB Chairman before the relevant Mashonaland Championships.
2. Swimmers only joining a club after the end of the calendar year will be required to swim in one **Junior League** and the **Mashonaland Junior Championships** to qualify to be considered for the Mashonaland Junior Team. A letter from the Clubs must be produced to the Mash Board **before** the Mashonaland Junior Championships informing of these swimmers. Senior swimmers that have not swum in Senior Mash Champs are not eligible for selection for Senior Nationals unless they are representing their school or country in another sporting discipline at/during the entire time of the Championships. A letter from the relevant Team Manager will be required well in advance of the Championships. Letter to be produced at the 5<sup>th</sup> Junior League Gala.
3. **In the case of the Combined Harare Schools swimmers, the same criteria will apply. They will also be required to affiliate to Mashonaland before being considered for selection on the Mashonaland team.**
4. The 200 Butterfly, 400 Individual Medley and the 800 and 1500 Freestyle events will cater for swimmers 12/over who wish to participate. These will be swum as 14/under and 15/over. No entry qualifying times for the Mashonaland Championships will apply but qualifying times will apply for Nationals.

**Please note: swimmers affiliated to a Mashonaland Club cannot change Province without written approval from Mashonaland before a National Event.**

**SUMMARY OF MASHONALAND EVENTS - SEEDED GALAS FOR 09/10 & SPRINT**

1st Seeded	2nd Seeded	3rd Seeded	Shortcourse	4th Seeded	5th Seeded	6th Seeded
			<b>Gala</b>			
<b>18.09.09</b>	<b>2.10.09</b>	<b>23.10.09</b>	<b>01.11.09</b>	<b>06.11.09</b>	<b>20.11.09</b>	<b>29.01.10</b>
100 free	100free	100 back	50 free	100 fly	100 breast	100 breast
100 breast	200 fly	800 free	50 back	1500 free	50 free	50 free
50 free	100 back	50 back	50 breast	50 breast	200 back	200 back
200 back	50 breast	200 breast	50 fly	100 back	50 fly	50 fly
	400IM	100 fly		200 IM	200IM	200IM
					50 back	50 back
<b>INTERVAL</b>	<b>INTERVAL</b>	<b>INTERVAL</b>	<b>INTERVAL</b>	<b>INTERVAL</b>	<b>INTERVAL</b>	<b>INTERVAL</b>
200IM	200 back	200 back		100 free	200 breast	200 breast
400 free	200 free	400IM		200 fly	100 free	100 free
100 fly	50 fly	50 free		100 breast	100 fly	100 fly
50 back	200 breast	400 free		50 fly	50 breast	50 breast
200 free	200 IM	100 breast		200 free	100 back	100 back
					200 free	200 free
					200 fly	200 fly

**IMPORTANT POOL DECK NOTICES APPLYING TO ALL MASHONALAND GALAS:**

1. Consumption of alcohol by officials is not encouraged.
2. Spectators are not permitted on pool deck at all and this includes the time-keepers area.
3. Swimmers are not permitted on pool deck unless they are competing in the current event/heat. Competitors waiting for the next event/heat must stay behind the officials at the ends of the pool (this includes the time-keepers at the one end and the turn judges at the other).
4. No smoking is permitted on pool deck or the marshalling area.
5. Only Mashonaland stop-watches are to be used by officials. Only one stop-watch may be used by each official at any time unless instructed to do so otherwise by the Referee.
6. All cell phones on pool deck must be switched off or set to silent mode. The use of cell phones on pool deck during a session of a gala is to be discouraged.
7. In the interest of the swimmers, there must be silence for the start of a race.
8. All members or persons associated to Mashonaland Swimming must ensure and maintain the highest level of professionalism in the sport.
9. Officials Dress Code: White shirt (preferably a "golf shirt") and navy/black shorts/longs/skirt.

**DISCLAIMER**

Mashonaland Amateur Swimming Board will take every care and precaution to ensure the safety of swimmers and spectators at all events hosted by them. However every person will participate at their own risk, and MASB will not entertain any claim made by participants in the event of an accident or injury in competitions, through which the participant may suffer injury, loss or damage.

## MASHONALAND 2009 / 2010 NATIONAL AGE GROUP EVENTS

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**FRIDAY 18<sup>TH</sup> SEPTEMBER 2009**

**1<sup>ST</sup> SEEDED GALA - @ 6.00 PM - LES BROWN 50m POOL**

				TIME ACHIEVED
EVENT 1	GIRLS & BOYS	FREESTYLE	100 Metres	
EVENT 2	GIRLS & BOYS	BREASTSTROKE	100 Metres	
EVENT 3	GIRLS & BOYS	FREESTYLE	50 Metres	
EVENT 4	GIRLS & BOYS	BACKSTROKE	200 Metres	

**INTERVAL 20 MINUTES**

EVENT 5	GIRLS & BOYS	INDIVIDUAL MEDLEY	200 Metres	
EVENT 6	GIRLS & BOYS	FREESTYLE	400 Metres	
EVENT 7	GIRLS & BOYS	BUTTERFLY	100 Metres	
EVENT 8	GIRLS & BOYS	BACKSTROKE	50 Metres	
EVENT 9	GIRLS & BOYS	FREESTYLE	200 Metres	

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**FRIDAY 2<sup>ND</sup> OCTOBER 2009**

**2<sup>ND</sup> SEEDED GALA - @ 6.00 PM - LES BROWN 50m POOL**

				TIME ACHIEVED
EVENT 1	GIRLS & BOYS	FREESTYLE	100 Metres	
EVENT 2	GIRLS & BOYS	BUTTERFLY	200 Metres	
EVENT 3	GIRLS & BOYS	BACKSTROKE	100 Metres	
EVENT 4	GIRLS & BOYS	BREASTSTROKE	50 Metres	
EVENT 5	GIRLS & BOYS	INDIVIDUAL MEDLEY	400 Metres	

**INTERVAL 20 MINUTES**

EVENT 6	GIRLS & BOYS	BACKSTROKE	200 Metres	
EVENT 7	GIRLS & BOYS	FREESTYLE	200 Metres	
EVENT 8	GIRLS & BOYS	BUTTERFLY	50 Metres	
EVENT 9	GIRLS & BOYS	BREASTSTROKE	200 Metres	
EVENT 10	GIRLS & BOYS	INDIVIDUAL MEDLEY	200 Metres	

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**SUNDAY 4<sup>TH</sup> OCTOBER 2009****1<sup>ST</sup> JUNIOR LEAGUE GALA - @ 9.30 AM - LES BROWN DIVING POOL**

			TIME ACHIEVED
EVENT 1	BOYS 11 Years	BREASTSTROKE	2 Lengths
EVENT 2	GIRLS 11 Years	BACKSTROKE	2 Lengths
EVENT 3	BOYS 10 Years	BACKSTROKE	2 Lengths
EVENT 4	GIRLS 10 Years	FREESTYLE	2 Lengths
EVENT 5	BOYS 9 Years	BREASTSTROKE	1 Length
EVENT 6	GIRLS 9 Years	BUTTERFLY	1 Length
EVENT 7	BOYS 8/ Under	FREESTYLE	1 Length
EVENT 8	GIRLS 8/ Under	BREASTSTROKE	1 Length
EVENT 9	BOYS 11 Years	BACKSTROKE	2 Lengths
EVENT 10	GIRLS 11 Years	BREASTSTROKE	2 Lengths
EVENT 11	BOYS 10 Years	BUTTERFLY	2 Lengths
EVENT 12	GIRLS 10 Years	BREASTSTROKE	2 Lengths
EVENT 13	BOYS 9 Years	BACKSTROKE	1 Length
EVENT 14	GIRLS 9 Years	FREESTYLE	2 Lengths
EVENT 15	BOYS 8/ Under	BACKSTROKE	1 Length
EVENT 16	GIRLS 8/ Under	FREESTYLE	1 Length
EVENT 17	MIXED CIRCLE	INDIVIDUAL MEDLEY	4 Lengths

**INTERVAL 20 MINUTES**

EVENT 18	BOYS 11 Years	FREESTYLE	2 Lengths
EVENT 19	GIRLS 11 Years	FREESTYLE	2 Lengths
EVENT 20	BOYS 10 Years	BREASTSTROKE	2 Lengths
EVENT 21	GIRLS 10 Years	BACKSTROKE	2 Lengths
EVENT 22	BOYS 9 Years	FREESTYLE	2 Lengths
EVENT 23	GIRLS 9 Years	BACKSTROKE	1 Length
EVENT 24	BOYS 8/ Under	BREASTSTROKE	1 Length
EVENT 25	GIRLS 8/ Under	BACKSTROKE	1 Length
EVENT 26	MIXED 11/Under	FREESTYLE RELAY	4 x 1 Length
EVENT 27	MIXED 10/Under	FREESTYLE RELAY	4 x 1 Length
EVENT 28	MIXED 9/Under	FREESTYLE RELAY	4 x 1 Length
EVENT 29	MIXED 8/Under	FREESTYLE RELAY	4 x 1 Length

**FRIDAY 23<sup>RD</sup> OCTOBER 2009****3<sup>RD</sup> SEEDED GALA - @ 6.00 PM - LES BROWN 50m POOL**

			TIME ACHIEVED
EVENT 1	BOYS & GIRLS	BACKSTROKE	100 Metres
EVENT 2	BOYS & GIRLS	FREESTYLE	800 Metres*
EVENT 3	BOYS & GIRLS	BACKSTROKE	50 Metres
EVENT 4	BOYS & GIRLS	BREASTSTROKE	200 Metres
EVENT 5	BOYS & GIRLS	BUTTERFLY	100 Metres

**INTERVAL 20 MINUTES**

EVENT 6	BOYS & GIRLS	BACKSTROKE	200 Metres
EVENT 7	BOYS & GIRLS	INDIVIDUAL MEDLEY	400 Metres
EVENT 8	BOYS & GIRLS	FREESTYLE	50 Metres
EVENT 9	BOYS & GIRLS	BREASTSTROKE	100 Metres

\*Swimmers wishing to swim a 400 freestyle in event 2 (800 freestyle) may do so with prior arrangement.

**SUNDAY 25<sup>TH</sup> OCTOBER 2009**

**2<sup>ND</sup> JUNIOR LEAGUE GALA - @ 9.30 AM - LES BROWN DIVING POOL**

			<b>TIME ACHIEVED</b>
EVENT 1	BOYS 11 Years	BREASTSTROKE	2 Lengths
EVENT 2	GIRLS 11 Years	FREESTYLE	2 Lengths
EVENT 3	BOYS 10 Years	FREESTYLE	2 Lengths
EVENT 4	GIRLS 10 Years	BACKSTROKE	2 Lengths
EVENT 5	BOYS 9 Years	BREASTSTROKE	1 Length
EVENT 6	GIRLS 9 Years	BUTTERFLY	1 Length
EVENT 7	BOYS 8/Under	BREASTSTROKE	1 Length
EVENT 8	GIRLS 8/ Under	FREESTYLE	1 Length
EVENT 9	BOYS 11 Years	FREESTYLE	2 Lengths
EVENT 10	GIRLS 11 Years	BREASTSTROKE	2 Lengths
EVENT 11	BOYS 10 Years	BACKSTROKE	2 Lengths
EVENT 12	GIRLS 10 Years	FREESTYLE	2 Lengths
EVENT 13	BOYS 9 Years	BUTTERFLY	1 Length
EVENT 14	GIRLS 9 Years	BREASTSTROKE	1 Length
EVENT 15	BOYS 8/Under	FREESTYLE	1 Length
EVENT 16	GIRLS 8/ Under	BACKSTROKE	1 Length
EVENT 17	MIXED CIRCLE	INDIVIDUAL MEDLEY	4 Lengths

**INTERVAL 20 MINUTES**

EVENT 18	BOYS 11 Years	BUTTERFLY	2 Lengths
EVENT 19	GIRLS 11 Years	BUTTERFLY	2 Lengths
EVENT 20	BOYS 10 Years	BREASTSTROKE	2 Lengths
EVENT 21	GIRLS 10 Years	BUTTERFLY	2 Lengths
EVENT 22	BOYS 9 Years	BACKSTROKE	1 Length
EVENT 23	GIRLS 9 Years	FREESTYLE	2 Lengths
EVENT 24	BOYS 8/ Under	BACKSTROKE	1 Length
EVENT 25	GIRLS 8/ Under	BUTTERFLY	1 Length
EVENT 26	MIXED 11/Under	MEDLEY RELAY	4 x 1 Length
EVENT 27	MIXED 10/Under	MEDLEY RELAY	4 x 1 Length
EVENT 28	MIXED 9/Under	MEDLEY RELAY	4 x 1 Length
EVENT 29	MIXED 8/Under	MEDLEY RELAY	4 x 1 Length

## SUNDAY 1<sup>ST</sup> NOVEMBER 2009

### 1<sup>ST</sup> MASHONALAND SHORT COURSE - @ 9.30 AM - HERITAGE SCHOOL

#### FINALS

#### TIME ACHIEVED

EVENT 1	BOYS 10 & Under	INDIVIDUAL MEDLEY	100 Metres
EVENT 2	GIRLS 11-12	BREASTSTROKE	100 Metres
EVENT 3	BOYS 13-14	FREESTYLE	100 Metres
EVENT 4	GIRLS 15 & Over	BUTTERFLY	100 Metres
EVENT 5	BOYS 11-12	BREASTSTROKE	100 Metres
EVENT 6	GIRLS 10 & Under	FREESTYLE	50 Metres
EVENT 7	BOYS 15 & Over	BUTTERFLY	100 Metres
EVENT 8	GIRLS 13-14	FREESTYLE	100 Metres
EVENT 9	BOYS 10 & Under	BREASTSTROKE	50 Metres
EVENT 10	BOYS 13-14	BACKSTROKE	100 Metres
EVENT 11	GIRLS 10 & Under	BREASTSTROKE	50 Metres
EVENT 12	BOYS 11-12	BACKSTROKE	100 Metres
EVENT 13	GIRLS 15 & Over	FREESTYLE	100 Metres
EVENT 14	BOYS 15 & Over	FREESTYLE	100 Metres
EVENT 15	GIRLS 13-14	BACKSTROKE	100 Metres
EVENT 16	BOYS 10 & Under	BACKSTROKE	50 Metres
EVENT 17	GIRLS 11-12	BUTTERFLY	100 Metres
EVENT 18	BOYS 13-14	BREASTSTROKE	100 Metres
EVENT 19	GIRLS 10 & Under	BACKSTROKE	50 Metres

#### INTERVAL 30 MINUTES

EVENT 20	BOYS 11-12	BUTTERFLY	100 Metres
EVENT 21	GIRLS 13-14	BREASTSTROKE	100 Metres
EVENT 22	GIRLS 11-12	FREESTYLE	100 Metres
EVENT 23	BOYS 10 & Under	BUTTERFLY	50 Metres
EVENT 24	GIRLS 15 & Over	BREASTSTROKE	100 Metres
EVENT 25	BOYS 11-12	FREESTYLE	100 Metres
EVENT 26	GIRLS 10 & Under	BUTTERFLY	50 Metres
EVENT 27	BOYS 15 & Over	BREASTSTROKE	100 Metres
EVENT 28	GIRLS 11-12	BACKSTROKE	100 Metres
EVENT 29	BOYS 10 & Under	FREESTYLE	50 Metres
EVENT 30	GIRLS 15 & Over	BACKSTROKE	100 Metres
EVENT 31	BOYS 13-14	BUTTERFLY	100 Metres
EVENT 32	GIRLS 10 & Under	INDIVIDUAL MEDLEY	100 Metres
EVENT 33	BOYS 15 & Over	BACKSTROKE	100 Metres
EVENT 34	GIRLS 13-14	BUTTERFLY	100 Metres
EVENT 35	BOYS 11-12	INDIVIDUAL MEDLEY	100 Metres
EVENT 36	GIRLS 11-12	INDIVIDUAL MEDLEY	100 Metres
EVENT 37	BOYS 13-14	INDIVIDUAL MEDLEY	100 Metres
EVENT 38	GIRLS 13-14	INDIVIDUAL MEDLEY	100 Metres
EVENT 39	BOYS 15 & Over	INDIVIDUAL MEDLEY	100 Metres
EVENT 40	GIRLS 15 & Over	INDIVIDUAL MEDLEY	100 Metres
* EVENT 41	BOYS	FREESTYLE RELAY	8 x 25 Metres
* EVENT 42	GIRLS	FREESTYLE RELAY	8 x 25 Metres

\* EVENT 41 AND 42 WILL BE MADE UP OF 2 SWIMMERS FROM EACH AGE GROUP, THESE BEING: 10 & Under; 11-12 Years; 13-14 Years; 15 & Over.

**FRIDAY 6<sup>TH</sup> NOVEMBER 2009****4<sup>TH</sup> SEEDED GALA - @ 5.30 PM - LES BROWN 50m POOL (Note earlier start time)**

				TIME ACHIEVED
EVENT 1	BOYS & GIRLS	FREESTYLE	1500 Metres	
EVENT 2	BOYS & GIRLS	BUTTERFLY	100 Metres	
EVENT 3	BOYS & GIRLS	BREASTSTROKE	50 Metres	
EVENT 4	BOYS & GIRLS	BACKSTROKE	100 Metres	
EVENT 5	BOYS & GIRLS	INDIVIDUAL MEDLEY	200 Metres	

**INTERVAL 20 MINUTES**

EVENT 6	BOYS & GIRLS	FREESTYLE	100 Metres	
EVENT 7	BOYS & GIRLS	BUTTERFLY	200 Metres	
EVENT 8	BOYS & GIRLS	BREASTSTROKE	100 Metres	
EVENT 9	BOYS & GIRLS	BUTTERFLY	50 Metres	
EVENT 10	BOYS & GIRLS	FREESTYLE	200 Metres	

**SUNDAY 8<sup>TH</sup> NOVEMBER 2009****3<sup>RD</sup> JUNIOR LEAGUE GALA - @ 9.30 AM – LES BROWN DIVING POOL**

				TIME ACHIEVED
EVENT 1	BOYS 11 Years	FREESTYLE	2 Lengths	
EVENT 2	GIRLS 11 Years	BUTTERFLY	2 Lengths	
EVENT 3	BOYS 10 Years	BACKSTROKE	2 Lengths	
EVENT 4	GIRLS 10 Years	BACKSTROKE	2 Lengths	
EVENT 5	BOYS 9 Years	FREESTYLE	2 Lengths	
EVENT 6	GIRLS 9 Years	BACKSTROKE	1 Length	
EVENT 7	BOYS 8/Under	BACKSTROKE	1 Length	
EVENT 8	GIRLS 8/Under	BUTTERFLY	1 Length	
EVENT 9	BOYS 11 Years	BUTTERFLY	2 Lengths	
EVENT 10	GIRLS 11 Years	FREESTYLE	2 Lengths	
EVENT 11	BOYS 10 Years	FREESTYLE	2 Lengths	
EVENT 12	GIRLS 10 Years	BREASTSTROKE	2 Lengths	
EVENT 13	BOYS 9 Years	BUTTERFLY	1 Length	
EVENT 14	GIRLS 9 Years	BREASTSTROKE	1 Length	
EVENT 15	BOYS 8/Under	BUTTERFLY	1 Length	
EVENT 16	GIRLS 8/Under	BACKSTROKE	1 Length	
EVENT 17	MIXED CIRCLE	INDIVIDUAL MEDLEY	4 Lengths	

**INTERVAL 20 MINUTES**

EVENT 18	BOYS 11 Years	BACKSTROKE	2 Lengths	
EVENT 19	GIRLS 11 Years	BACKSTROKE	2 Lengths	
EVENT 20	BOYS 10 Years	BUTTERFLY	2 Lengths	
EVENT 21	GIRLS 10 Years	FREESTYLE	2 Lengths	
EVENT 22	BOYS 9 Years	BACKSTROKE	1 Length	
EVENT 23	GIRLS 9 Years	BUTTERFLY	1 Length	
EVENT 24	BOYS 8/ Under	BREASTSTROKE	1 Length	
EVENT 25	GIRLS 8/ Under	BREASTSTROKE	1 Length	
EVENT 26	MIXED 11/Under	FREESTYLE RELAY	4 x 1 Length	
EVENT 27	MIXED 10/Under	FREESTYLE RELAY	4 x 1 Length	
EVENT 28	MIXED 9/Under	FREESTYLE RELAY	4 x 1 Length	
EVENT 29	MIXED 8/Under	FREESTYLE RELAY	4 x 1 Length	

SUNDAY 16<sup>TH</sup> NOVEMBER 2009

**MASHONALAND DEVELOPMENT CHAMPIONSHIPS - @ 9.00 AM - LES BROWN**

TIME ACHIEVED

EVENT 1	BOYS	BUTTERFLY	50 Metres
EVENT 2	GIRLS	BUTTERFLY	50 Metres
EVENT 3	BOYS	BACKSTROKE	100 Metres
EVENT 4	GIRLS	BACKSTROKE	100 Metres
EVENT 5	BOYS	INDIVIDUAL MEDLEY	4 x 50 Metres
EVENT 6	GIRLS	INDIVIDUAL MEDLEY	4 x 50 Metres
EVENT 7	BOYS	BREASTSTROKE	50 Metres
EVENT 8	GIRLS	BREASTSTROKE	50 Metres
EVENT 9	BOYS	FREESTYLE	100 Metres
EVENT 10	GIRLS	FREESTYLE	100 Metres

**INTERVAL 20 MINUTES**

EVENT 11	BOYS	BACKSTROKE	50 Metres
EVENT 12	GIRLS	BACKSTROKE	50 Metres
EVENT 13	BOYS	BREASTSTROKE	100 Metres
EVENT 14	GIRLS	BREASTSTROKE	100 Metres
EVENT 15	BOYS	FREESTYLE	50 Metres
EVENT 16	GIRLS	FREESTYLE	50 Metres
EVENT 17	BOYS	BUTTERFLY	100 Metres
EVENT 18	GIRLS	BUTTERFLY	100 Metres



Many thanks to John and Dawn Burnett of Creative Computers for their generous donation of a new Laptop and a 23" Computer Screen.



**FRIDAY 21<sup>ST</sup> NOVEMBER 2009****5<sup>TH</sup> SEEDED GALA - @ 6.00 PM - LES BROWN 50m POOL**

				TIME ACHIEVED
EVENT 1	GIRLS & BOYS	BREASTSTROKE	100 Metres	
EVENT 2	GIRLS & BOYS	FREESTYLE	50 Metres	
EVENT 3	GIRLS & BOYS	BACKSTROKE	200 Metres	
EVENT 4	GIRLS & BOYS	BUTTERFLY	50 Metres	
EVENT 5	GIRLS & BOYS	INDIVIDUAL MEDLEY	200 Metres	
EVENT 6	GIRLS & BOYS	BACKSTROKE	50 Metres	
<b>INTERVAL</b>	<b>20 MINUTES</b>			
EVENT 7	GIRLS & BOYS	BREASTSTROKE	200 Metres	
EVENT 8	GIRLS & BOYS	FREESTYLE	100 Metres	
EVENT 9	GIRLS & BOYS	BUTTERFLY	100 Metres	
EVENT 10	GIRLS & BOYS	BREASTSTROKE	50 Metres	
EVENT 11	GIRLS & BOYS	BACKSTROKE	100 Metres	
EVENT 12	GIRLS & BOYS	FREESTYLE	200 Metres	
EVENT 13	GIRLS & BOYS	BUTTERFLY	200 Metres	

**SUNDAY 23<sup>RD</sup> NOVEMBER 2009****4<sup>TH</sup> JUNIOR LEAGUE GALA - @ 9.30 AM - LES BROWN DIVING POOL**

				TIME ACHIEVED
EVENT 1	BOYS 11 Years	BREASTSTROKE	2 Lengths	
EVENT 2	GIRLS 11 Years	FREESTYLE	2 Lengths	
EVENT 3	BOYS 10 Years	BREASTSTROKE	2 Lengths	
EVENT 4	GIRLS 10 Years	BUTTERFLY	2 Lengths	
EVENT 5	BOYS 9 Years	BREASTSTROKE	1 Length	
EVENT 6	GIRLS 9 Years	BACKSTROKE	1 Length	
EVENT 7	BOYS 8/Under	FREESTYLE	1 Length	
EVENT 8	GIRLS 8/Under	FREESTYLE	1 Length	
EVENT 9	BOYS 11 Years	BACKSTROKE	2 Lengths	
EVENT 10	GIRLS 11 Years	BREASTSTROKE	2 Lengths	
EVENT 11	BOYS 10 Years	FREESTYLE	2 Lengths	
EVENT 12	GIRLS 10 Years	BREASTSTROKE	2 Lengths	
EVENT 13	BOYS 9 Years	BACKSTROKE	1 Length	
EVENT 14	GIRLS 9 Years	BREASTSTROKE	1 Length	
EVENT 15	BOYS 8/Under	BREASTSTROKE	1 Length	
EVENT 16	GIRLS 8/Under	BACKSTROKE	1 Length	
EVENT 17	MIXED CIRCLE	INDIVIDUAL MEDLEY	4 Lengths	
<b>INTERVAL</b>	<b>20 MINUTES</b>			
EVENT 18	BOYS 11 Years	FREESTYLE	2 Lengths	
EVENT 19	GIRLS 11 Years	BACKSTROKE	2 Lengths	
EVENT 20	BOYS 10 Years	BACKSTROKE	2 Lengths	
EVENT 21	GIRLS 10 Years	FREESTYLE	2 Lengths	
EVENT 22	BOYS 9 Years	FREESTYLE	2 Lengths	
EVENT 23	GIRLS 9 Years	FREESTYLE	2 Lengths	
EVENT 24	BOYS 8/ Under	BUTTERFLY	1 Length	
EVENT 25	GIRLS 8/ Under	BREASTSTROKE	1 Length	
EVENT 26	MIXED 11/Under	MEDLEY RELAY	4 x 1 Length	
EVENT 27	MIXED 10/Under	MEDLEYRELAY	4 x 1 Length	
EVENT 28	MIXED 9/Under	MEDLEY RELAY	4 x 1 Length	
EVENT 29	MIXED 8/Under	MEDLEY RELAY	4 x 1 Length	

FRIDAY 27<sup>TH</sup> NOVEMBER 2009

**MASHONALAND CHAMPIONSHIPS (DAY 1) - @ 6.00 PM - LES BROWN**

<b>FINALS</b>			<b>TIME ACHIEVED</b>
EVENT 1	GIRLS OPEN	BACKSTROKE	200 Metres
<b>FINALS</b>			
EVENT 2	BOYS OPEN	BACKSTROKE	200 Metres
<b>INTERVAL 25 MINUTES</b>			
<b>FINALS</b>			
EVENT 3	GIRLS OPEN	FREESTYLE	400 Metres
EVENT 4	BOYS OPEN	INDIVIDUAL MEDLEY	400 Metres

SATURDAY 28<sup>TH</sup> NOVEMBER 2009

**MASHONALAND CHAMPIONSHIPS (DAY 2) - @ 9.00 AM - LES BROWN**

**MORNING SESSION**

<b>PRELIMS</b>			<b>TIME ACHIEVED</b>
EVENT 5	GIRLS OPEN	BUTTERFLY	100 Metres
EVENT 6	BOYS OPEN	BREASTSTROKE	100 Metres
EVENT 7	GIRLS OPEN	BREASTSTROKE	50 Metres
EVENT 8	BOYS OPEN	BUTTERFLY	50 Metres

**INTERVAL 25 MINUTES**

EVENT 9	GIRLS OPEN	INDIVIDUAL MEDELY	200 Metres
EVENT 10	BOYS OPEN	FREESTYLE	200 Metres

~~ LUNCH BREAK ~~

**AFTERNOON SESSION** - STARTS AT 3.00 PM

<b>FINALS</b>			
EVENT 5	GIRLS OPEN	BUTTERFLY	100 Metres
EVENT 6	BOYS OPEN	BREASTSTROKE	100 Metres
EVENT 7	GIRLS OPEN	BREASTSTROKE	50 Metres
EVENT 8	BOYS OPEN	BUTTERFLY	50 Metres

**MEDAL PRESENTATION - EVENTS 1, 2, 3, 4**

EVENT 9	GIRLS OPEN	INDIVIDUAL MEDLEY	200 Metres
EVENT 10	BOYS OPEN	FREESTYLE	200 Metres

**INTERVAL 25 MINUTES**

**MEDAL PRESENTATION - EVENTS 5, 6, 7, 8**

<b>RELAY FINALS</b>			
EVENT 11	GIRLS 15 & OVER	FREESTYLE RELAY	400 Metres
EVENT 12	BOYS 15 & OVER	FREESTYLE RELAY	400 Metres
EVENT 13	GIRLS 14/UNDER	FREESTYLE RELAY	400 Metres
EVENT 14	BOYS 14/UNDER	FREESTYLE RELAY	400 Metres

**MEDAL PRESENTATION - EVENTS 9, 10**

**SUNDAY 29<sup>TH</sup> NOVEMBER 2009**

**MASHONALAND CHAMPIONSHIPS (DAY 3) - @ 9.00 AM - LES BROWN**

**MORNING SESSION**

<b>PRELIMS</b>			<b>TIME ACHIEVED</b>
EVENT 15	GIRLS OPEN	BREASTSTROKE	200 Metres
EVENT 16	BOYS OPEN	BUTTERFLY	100 Metres
EVENT 17	GIRLS OPEN	FREESTYLE	50 Metres
EVENT 18	BOYS OPEN	FREESTYLE	50 Metres

**INTERVAL 25 MINUTES**

**MEDAL PRESENTATION – EVENTS 11, 12, 13, 14**

**RELAY FINALS**

EVENT 19	GIRLS 12 & UNDER	MEDLEY RELAY	200 Metres
EVENT 20	BOYS 12 & UNDER	MEDLEY RELAY	200 Metres

**AFTERNOON SESSION** - STARTS 3.00 PM

**FINALS**

EVENT 15	GIRLS OPEN	BREASTSTROKE	200 Metres
EVENT 16	BOYS OPEN	BUTTERFLY	100 Metres

**MEDAL PRESENTATION – EVENTS 19, 20**

EVENT 17	GIRLS OPEN	FREESTYLE	50 Metres
EVENT 18	BOYS OPEN	FREESTYLE	50 Metres
EVENT 21	GIRLS	FREESTYLE	1500 Metres
EVENT 22	BOYS	FREESTYLE	1500 Metres

**INTERVAL 25 MINUTES**

**MEDAL PRESENTATION – EVENTS 15, 16, 17, 18, 21, 22**

**RELAY FINALS**

EVENT 23	GIRLS 13-14	MEDLEY RELAY	200 Metres
EVENT 24	BOYS 13-14	MEDLEY RELAY	200 Metres
EVENT 25	GIRLS 15 & OVER	MEDLEY RELAY	200 Metres
EVENT 26	BOYS 15 & OVER	MEDLEY RELAY	200 Metres

**MEDAL PRESENTATION – EVENTS 23, 24, 25, 26**

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**FRIDAY 4<sup>TH</sup> DECEMBER 2009**

**MASHONALAND CHAMPIONSHIPS (DAY 4) - @ 6.00 PM - LES BROWN**

<b>PRELIMS</b>			<b>TIME ACHIEVED</b>
EVENT 27	GIRLS OPEN	FREESTYLE	100 Metres
EVENT 28	BOYS OPEN	FREESTYLE	100 Metres

**FINALS**

EVENT 29	GIRLS	INDIVIDUAL MEDLEY	400 Metres
EVENT 30	BOYS OPEN	FREESTYLE	400 Metres

**INTERVAL 25 MINUTES**

**FINALS**

EVENT 27	GIRLS OPEN	FREESTYLE	100 Metres
EVENT 28	BOYS OPEN	FREESTYLE	100 Metres

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**SATURDAY 5<sup>TH</sup> DECEMBER 2009**

**MASHONALAND CHAMPIONSHIPS (DAY 5) - @ 9.00 AM - LES BROWN**

**MORNING SESSION**

**PRELIMS** **TIME ACHIEVED**

EVENT 32	GIRLS OPEN	FREESTYLE	200 Metres
EVENT 33	BOYS OPEN	BREASTSTROKE	50 Metres
EVENT 34	GIRLS OPEN	BACKSTROKE	50 Metres

**INTERVAL 25 MINUTES**

**PRELIMS**

EVENT 35	BOYS OPEN	BACKSTROKE	100 Metres
EVENT 36	GIRLS OPEN	BREASTSTROKE	100 Metres

**MEDAL PRESENTATION – EVENTS 27, 28, 29, 30**

**RELAY FINALS**

EVENT 37	BOYS 15 & OVER	MEDLEY RELAY	400 Metres
EVENT 38	GIRLS 15 & OVER	MEDLEY RELAY	400 Metres

**AFTERNOON SESSION** - STARTS AT 3.00 PM

**FINALS**

EVENT 31	BOYS	BUTTERFLY	200 Metres
EVENT 32	GIRLS OPEN	FREESTYLE	200 Metres
EVENT 33	BOYS OPEN	BREASTSTROKE	50 Metres
EVENT 34	GIRLS OPEN	BACKSTROKE	50 Metres

**MEDAL PRESENTATION – EVENTS 37, 38**

EVENT 35	BOYS OPEN	BACKSTROKE	100 Metres
EVENT 36	GIRLS OPEN	BREASTSTROKE	100 Metres

**INTERVAL 25 MINUTES**

**MEDAL PRESENTATION – EVENTS 31, 32, 33, 34, 35, 36**

**FINALS**

EVENT 39	BOYS	FREESTYLE	800 Metres
EVENT 40	GIRLS	FREESTYLE	800 Metres

**RELAY FINALS**

EVENT 41	GIRLS 14/UNDER	MEDLEY RELAY	400 Metres
EVENT 42	BOYS 14/UNDER	MEDLEY RELAY	400 Metres

**MEDAL PRESENTATION – EVENTS 39, 40**

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**SUNDAY 6<sup>TH</sup> DECEMBER 2009**

**MASHONALAND CHAMPIONSHIPS (DAY 6) - @ 9.00 AM - LES BROWN**

**MORNING SESSION**

<b>PRELIMS</b>			<b>TIME ACHIEVED</b>
EVENT 43	GIRLS OPEN	BACKSTROKE	100 Metres
EVENT 44	BOYS OPEN	BREASTSTROKE	200 Metres
EVENT 45	GIRLS OPEN	BUTTERFLY	50 Metres
EVENT 46	BOYS OPEN	BACKSTROKE	50 Metres

**INTERVAL 25 MINUTES**

**MEDAL PRESENTATION – EVENTS 41, 42**

**PRELIMS**

EVENT 48	BOYS OPEN	INDIVIDUAL MEDLEY	200 Metres
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**RELAY FINALS**

EVENT 49	GIRLS 12 & UNDER	FREESTYLE RELAY	200 Metres
EVENT 50	BOYS 12 & UNDER	FREESTYLE RELAY	200 Metres

**AFTERNOON SESSION** - STARTS AT 3.00 PM

**FINALS**

EVENT 43	GIRLS OPEN	BACKSTROKE	100 Metres
EVENT 44	BOYS OPEN	BREASTSTROKE	200 Metres

**MEDAL PRESENTATION – EVENTS 49, 50**

EVENT 45	GIRLS OPEN	BUTTERFLY	50 Metres
EVENT 46	BOYS OPEN	BACKSTROKE	50 Metres

**INTERVAL 25 MINUTES**

**MEDAL PRESENTATION – EVENTS 43, 44**

EVENT 47	GIRLS OPEN	BUTTERFLY	200 Metres
EVENT 48	BOYS OPEN	INDIVIDUAL MEDLEY	200 Metres

**FINALS**

EVENT 51	GIRLS 13-14	FREESTYLE RELAY	200 Metres
EVENT 52	BOYS 13-14	FREESTYLE RELAY	200 Metres
EVENT 53	GIRLS 15 & OVER	FREESTYLE RELAY	200 Metres
EVENT 54	BOYS 15 & OVER	FREESTYLE RELAY	200 Metres

**MEDAL PRESENTATION – EVENTS 45, 46, 47, 48. EVENTS 51, 52, 53, 54**

**SUNDAY 24<sup>TH</sup> JANUARY 2010**

**5<sup>TH</sup> JUNIOR LEAGUE GALA - @ 9.30 AM – LES BROWN DIVING POOL**

			TIME ACHIEVED
EVENT 1	BOYS 11 Years	BACKSTROKE	2 Lengths
EVENT 2	GIRLS 11 Years	BUTTERFLY	2 Lengths
EVENT 3	BOYS 10 Years	BREASTSTROKE	2 Lengths
EVENT 4	GIRLS 10 Years	BUTTERFLY	2 Lengths
EVENT 5	BOYS 9 Years	FREESTYLE	2 Lengths
EVENT 6	GIRLS 9 Years	BACKSTROKE	1 Length
EVENT 7	BOYS 8/Under	BACKSTROKE	1 Length
EVENT 8	GIRLS 8/Under	BREASTSTROKE	1 Length
EVENT 9	BOYS 11 Years	BUTTERFLY	2 Lengths
EVENT 10	GIRLS 11 Years	BACKSTROKE	2 Lengths
EVENT 11	BOYS 10 Years	BUTTERFLY	2 Lengths
EVENT 12	GIRLS 10 Years	BREASTSTROKE	2 Lengths
EVENT 13	BOYS 9 Years	BREASTSTROKE	1 Length
EVENT 14	GIRLS 9 Years	FREESTYLE	2 Lengths
EVENT 15	BOYS 8/Under	BUTTERFLY	1 Length
EVENT 16	GIRLS 8/Under	BUTTERFLY	1 Length
EVENT 17	MIXED CIRCLE	INDIVIDUAL MEDLEY	4 Lengths
<b>INTERVAL</b>	<b>20 MINUTES</b>		
EVENT 18	BOYS 11 Years	BREASTSTROKE	2 Lengths
EVENT 19	GIRLS 11 Years	BREASTSTROKE	2 Lengths
EVENT 20	BOYS 10 Years	FREESTYLE	2 Lengths
EVENT 21	GIRLS 10 Years	BACKSTROKE	2 Lengths
EVENT 22	BOYS 9 Years	BUTTERFLY	1 Length
EVENT 23	GIRLS 9 Years	BREASTSTROKE	1 Length
EVENT 24	BOYS 8/ Under	FREESTYLE	1 Length
EVENT 25	GIRLS 8/ Under	FREESTYLE	1 Length
EVENT 26	MIXED 11/Under	FREESTYLE RELAY	4 x 1 Length
EVENT 27	MIXED 10/Under	FREESTYLE RELAY	4 x 1 Length
EVENT 28	MIXED 9/Under	FREESTYLE RELAY	4 x 1 Length
EVENT 29	MIXED 8/Under	FREESTYLE RELAY	4 x 1 Length

**FRIDAY 29<sup>TH</sup> JANUARY 2010**

**6<sup>TH</sup> SEEDED GALA - @ 6.00 PM - LES BROWN 50m POOL**

			TIME ACHIEVED
EVENT 1	GIRLS & BOYS	BREASTSTROKE	100 Metres
EVENT 2	GIRLS & BOYS	FREESTYLE	50 Metres
EVENT 3	GIRLS & BOYS	BACKSTROKE	200 Metres
EVENT 4	GIRLS & BOYS	BUTTERFLY	50 Metres
EVENT 5	GIRLS & BOYS	INDIVIDUAL MEDLEY	200 Metres
EVENT 6	GIRLS & BOYS	BACKSTROKE	50 Metres

**INTERVAL 20 MINUTES**

EVENT 7	GIRLS & BOYS	BREASTSTROKE	200 Metres
EVENT 8	GIRLS & BOYS	FREESTYLE	100 Metres
EVENT 9	GIRLS & BOYS	BUTTERFLY	100 Metres
EVENT 10	GIRLS & BOYS	BREASTSTROKE	50 Metres
EVENT 11	GIRLS & BOYS	BACKSTROKE	100 Metres
EVENT 12	GIRLS & BOYS	FREESTYLE	200 Metres
EVENT 13	GIRLS & BOYS	BUTTERFLY	200 Metres

(COACHES TO REQUEST A 400M FREESTYLE EVENT IF NECESSARY FOR TOUR SELECTION.)

**SATURDAY 30<sup>TH</sup> JANUARY 2010**

**MASHONALAND JUNIOR CHAMPIONSHIPS (DAY 1) - @ 9.00 AM – LES BROWN**

**MORNING SESSION - PRELIMS - STARTS AT 9.00 AM**

**TIME ACHIEVED**

EVENT 1	BOYS 11 Years	BACKSTROKE	2 Lengths
EVENT 2	GIRLS 11 Years	FREESTYLE	2 Lengths
EVENT 3	BOYS 9 Years	INDIVIDUAL MEDLEY	1 Length
EVENT 4	GIRLS 9 Years	BREASTSTROKE	1 Length
EVENT 5	BOYS 10 Years	BACKSTROKE	2 Lengths
EVENT 6	GIRLS 10 Years	BUTTERFLY	2 Lengths
EVENT 7	BOYS 8 & Under	FREESTYLE	1 Length
EVENT 8	GIRLS 8 & Under	BUTTERFLY	1 Length
EVENT 9	BOYS 11 Years	BREASTSTROKE	2 Lengths
EVENT 10	GIRLS 11 Years	INDIVIDUAL MEDLEY	4 x 1 Length

**INTERVAL 25 MINUTES**

EVENT 11	BOYS 9 Years	BACKSTROKE	1 Length
EVENT 12	GIRLS 9 Years	FREESTYLE	2 Lengths
EVENT 13	BOYS 10 Years	BUTTERFLY	2 Lengths
EVENT 14	GIRLS 10 Years	BACKSTROKE	2 Lengths
EVENT 15	BOYS 8 & Under	BUTTERFLY	1 Length
EVENT 16	GIRLS 8 & Under	FREESTYLE	1 Length
EVENT 17	BOYS 11 Years	INDIVIDUAL MEDLEY	4 x 1 Length
EVENT 18	GIRLS 11 Years	BACKSTROKE	2 Lengths
EVENT 19	BOYS 9 Years	FREESTYLE	2 Lengths
EVENT 20	GIRLS 9 Years	BACKSTROKE	1 Length

**AFTERNOON SESSION - FINALS - STARTS AT 2.00 PM**

EVENT 1	BOYS 11 Years	BACKSTROKE	2 Lengths
EVENT 2	GIRLS 11 Years	FREESTYLE	2 Lengths
EVENT 3	BOYS 9 Years	INDIVIDUAL MEDLEY	4 x 1 Length
EVENT 4	GIRLS 9 Years	BREASTSTROKE	1 Length
EVENT 5	BOYS 10 Years	BACKSTROKE	2 Lengths
EVENT 6	GIRLS 10 Years	BUTTERFLY	2 Lengths
EVENT 7	BOYS 8 & Under	FREESTYLE	1 Length
EVENT 8	GIRLS 8 & Under	BUTTERFLY	1 Length
EVENT 9	BOYS 11 Years	BREASTSTROKE	2 Lengths
EVENT 10	GIRLS 11 Years	INDIVIDUAL MEDLEY	4 x 1 Length
EVENT 11	BOYS 9 Years	BACKSTROKE	1 Length
EVENT 12	GIRLS 9 Years	FREESTYLE	2 Lengths
EVENT 13	BOYS 10 Years	BUTTERFLY	2 Lengths

**INTERVAL 25 MINUTES**

EVENT 14	GIRLS 10 Years	BACKSTROKE	2 Lengths
EVENT 15	BOYS 8 & Under	BUTTERFLY	1 Length
EVENT 16	GIRLS 8 & Under	FREESTYLE	1 Length
EVENT 17	BOYS 11 Years	INDIVIDUAL MEDLEY	4 x 1 Length
EVENT 18	GIRLS 11 Years	BACKSTROKE	2 Lengths
EVENT 19	BOYS 9 Years	FREESTYLE	2 Lengths
EVENT 20	GIRLS 9 Years	BACKSTROKE	1 Length

**SATURDAY 30<sup>TH</sup> JANUARY 2010**

**MASHONALAND JUNIOR CHAMPIONSHIPS (DAY 1 continued)**

**RELAY EVENTS - FINALS**

EVENT 21	BOYS 9-10 Years	MEDLEY RELAY	4 x 1 Length
EVENT 22	GIRLS 9-10Years	FREESTYLE RELAY	4 x 1 Length
EVENT 23	BOYS 8 & Under	MEDLEY RELAY	4 x 1 Length
EVENT 24	GIRLS 8 & Under	FREESTYLE RELAY	4 x 1 Length
EVENT 25	BOYS 10-11 Years	MEDLEY RELAY	4 x 1 Length
EVENT 26	GIRLS 10-11 Years	FREESTYLE RELAY	4 x 1 Length
EVENT 27	BOYS 9 & Under	MEDLEY RELAY	4 x 1 Length
EVENT 28	GIRLS 9 & Under	FREESTYLE RELAY	4 x 1 Length

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**SUNDAY 31<sup>ST</sup> JANUARY 2010**

**MASHONALAND JUNIOR CHAMPIONSHIPS (DAY 2) - @ 9.00 AM – LES BROWN**

**MORNING SESSION - PRELIMS - STARTS AT 9.00 AM**

**TIME ACHIEVED**

EVENT 29	GIRLS 10 Years	BREASTSTROKE	2 Lengths
EVENT 30	BOYS 10 Years	BREASTSTROKE	2 Lengths
EVENT 31	GIRLS 11 Years	BREASTSTROKE	2 Lengths
EVENT 32	BOYS 11 Years	BUTTERFLY	2 Lengths
EVENT 33	GIRLS 9 Years	INDIVIDUAL MEDLEY	4 x 1 Length
EVENT 34	BOYS 9 Years	BUTTERFLY	1 Length
EVENT 35	GIRLS 10 Years	FREESTYLE	2 Lengths
EVENT 36	BOYS 10 Years	INDIVIDUAL MEDLEY	4 x 1 Length

**INTERVAL 25 MINUTES**

EVENT 37	GIRLS 8 & Under	BACKSTROKE	1 Length
EVENT 38	BOYS 8 & Under	BREASTSTROKE	1 Length
EVENT 39	GIRLS 11 Years	BUTTERFLY	2 Lengths
EVENT 40	BOYS 11 Years	FREESTYLE	2 Lengths
EVENT 41	GIRLS 9 Years	BUTTERFLY	1 Length
EVENT 42	BOYS 9 Years	BREASTSTROKE	1 Length
EVENT 43	GIRLS 10 Years	INDIVIDUAL MEDLEY	4 x 1 Length
EVENT 44	BOYS 10 Years	FREESTYLE	2 Lengths
EVENT 45	GIRLS 8 & Under	BREASTSTROKE	1 Length
EVENT 46	BOYS 8 & Under	BACKSTROKE	1 Length



## **MASHONALAND JUNIOR CHAMPIONSHIPS (DAY 2 - continues @ 1.30 PM)**

### **AFTERNOON SESSION - FINALS** - STARTS @ 1.30 PM

				<b>TIME ACHIEVED</b>
EVENT 29	GIRLS 10 Years	BREASTSTROKE	2 Lengths	
EVENT 30	BOYS 10 Years	BREASTSTROKE	2 Lengths	
EVENT 31	GIRLS 11 Years	BREASTSTROKE	2 Lengths	
EVENT 32	BOYS 11 Years	BUTTERFLY	2 Lengths	
EVENT 33	GIRLS 9 Years	INDIVIDUAL MEDLEY	4 x 1 Length	
EVENT 34	BOYS 9 Years	BUTTERFLY	1 Length	
EVENT 35	GIRLS 10 Years	FREESTYLE	2 Lengths	
EVENT 36	BOYS 10 Years	INDIVIDUAL MEDLEY	4 x 1 Length	
EVENT 37	GIRLS 8 & Under	BACKSTROKE	1 Length	
EVENT 38	BOYS 8 & Under	BREASTSTROKE	1 Length	
EVENT 39	GIRLS 11 Years	BUTTERFLY	2 Lengths	
EVENT 40	BOYS 11 Years	FREESTYLE	2 Lengths	
EVENT 41	GIRLS 9 Years	BUTTERFLY	1 Length	

### **INTERVAL 25 MINUTES**

EVENT 42	BOYS 9 Years	BREASTSTROKE	1 Length	
EVENT 43	GIRLS 10 Years	INDIVIDUAL MEDLEY	4 x 1 Length	
EVENT 44	BOYS 10 Years	FREESTYLE	2 Lengths	
EVENT 45	GIRLS 8 & Under	BREASTSTROKE	1 Length	
EVENT 46	BOYS 8 & Under	BACKSTROKE	1 Length	

### **RELAY EVENTS - FINALS**

EVENT 47	GIRLS 10-11 Years	MEDLEY RELAY	4 x 1 Length	
EVENT 48	BOYS 10-11 Years	FREESTYLE RELAY	4 x 1 Length	
EVENT 49	GIRLS 9 & Under	MEDLEY RELAY	4 x 1 Length	
EVENT 50	BOYS 9 & Under	FREESTYLE RELAY	4 x 1 Length	
EVENT 51	GIRLS 9-10 Years	MEDLEY RELAY	4 x 1 Length	
EVENT 52	BOYS 9-10 Years	FREESTYLE RELAY	4 x 1 Length	
EVENT 53	GIRLS 8 & Under	MEDLEY RELAY	4 x 1 Length	
EVENT 54	BOYS 8 & Under	FREESTYLE RELAY	4 x 1 Length	

## **MEDAL PRESENTATIONS**

## ZIMBABWE NATIONAL CHAMPIONSHIP EVENTS – GENERAL RULES

### A. NATIONAL SPRINT GALA – MUTARE (SATURDAY 17 OCTOBER, 2009)

- The National Sprint Gala in Mutare Municipal pool will begin on **Saturday 17 October at 9:00am**. The Sprint events (i.e. 50m of each stroke) will be swum as mixed seeded heats, with finals swum by age group and gender. 200m Individual Medley events will be swum on Friday 16 October at 5pm, as a separate event, and not part of the Sprint Gala.
- Sprint Gala age groups will be swum as 8/U for the backstroke and freestyle events only, 10/U, 11/12, 13/14, 15/16 and 17/Over for all other events.
- No qualifying times will apply. Entries to be represented by Clubs.

### B. NATIONAL SWIMMING CHAMPIONSHIPS – BULAWAYO (18 -22 FEBRUARY, 2010)

- No qualifying times will apply, except for those events as listed in **Table A** below.
- Swimmers must have a previously swum time to enter for an event. These times will have to have been achieved in the 12 months prior to the entry deadline for the Nationals. A “NT” (no previous time recorded) will not be acceptable for entry to any event.
- In respect of the events listed below, entry qualifying times will apply and are as shown in Table A. These times will have to have been achieved in the 12 months prior to the entry deadline for the Nationals.
- In all senior national events age groups will be 12/U, 13/14, 15/16, 17/Over (Open). Age date as at 31<sup>st</sup> December. At the Referees and Organizers discretion, in the event of insufficient swimmers in any category, the finals may be combined eg 13-16, 15/Over, etc.
- The National Senior Championships will be swum over 4 1/2 days, starting Thursday afternoon and ending the following Monday. Heats will be swum as mixed seeded events. Finals will be swum by age group and gender. Long distance events (400m, 800m, 1500m freestyle, 400m IM, 200m butterfly) will be swum as timed finals.

**TABLE A**

Event	Gender	Age at 31 Dec	Age at 31 Dec
		14/Under	15/Over
1500m Freestyle	Female	22:23.09	21:58.49
1500m Freestyle	Male	21:55.59	20:35.79
800m Freestyle	Female	11:41.99	11:29.69
800m Freestyle	Male	11:23.99	10:48.99
400m Ind Med	Female		6:26.69
400m Ind Med	Male		5:52.59
200m Fly	Female	3:03.69	2:55.99
200m Fly	Male	2:54.99	2:41.99

\* 12/U swimmers may not enter for 200m butterfly

## ZIMBABWE SENIOR SWIMMING NATIONALS PROGRAMME OF EVENTS

### THURSDAY

#### MORNING

NIL

Managers  
meeting 4.30pm

6pm

#### EVENING

Event	1	Girls 400 FREESTYLE FINAL
	2	Boys 400 FREESTYLE FINAL

### FRIDAY

#### MORNING - 9am

Event	3	Girls 200 FREESTYLE FINAL
	4	Boys 200 FREESTYLE FINAL
	5	50 BACKSTROKE HEAT

#### **TEA**

	6	100 BREASTSTROKE HEAT
	9	100 BUTTERFLY HEAT

4pm

#### AFTERNOON

Event	5	50 BACKSTROKE FINAL
		<i>400 Freestyle medals</i>
		<i>200 Freestyle medals</i>
	6	100 BREASTSTROKE FINAL

#### **TEA**

	7	Girls 400 IM FINAL
	8	Boys 400 IM FINAL
		<i>50 Backstroke medals</i>
		<i>100 Breastroke medals</i>
	9	100 BUTTERFLY FINAL

*400 IM MEDALS*

	10	Girls 400 FREE RELAY 12 & u
	11	Boys 400 FREE RELAY 12 & u
	12	Girls 400 FREE RELAY 13 - 14
	13	Boys 400 FREE RELAY 13 - 14
	14	Girls 400 FREE RELAY 15 - 16
	15	Boys 400 FREE RELAY 15 - 16
	16	Girls 400 FREE RELAY 17 & 0
	17	Boys 400 FREE RELAY 17 & 0

*100 Butterfly medals*

### SAT

#### MORNING - 9am

Event	17	Girls 200 BUTTERFLY FINAL
	18	Boys 200 BUTTERFLY FINAL
	20	100 FREESTYLE HEAT

#### **TEA**

	21	50 BREASTROKE HEAT
	22	100 BACKSTROKE HEAT

OPENING CEREMONY 3.30pm

4pm

#### AFTERNOON

Event	20	100 FREESTYLE FINAL
		<i>400 Freestyle relay medals</i>
		<i>200 Butterfly medals</i>
	21	50 BREASTROKE FINAL

#### **TEA**

	22	100 BACKSTROKE FINAL
		<i>100 Freestyle medals</i>
	23	Girls 400 MEDLEY RELAY 12 & u
	24	Boys 400 MEDLEY RELAY 12 & u
	25	Girls 400 MEDLEY RELAY 13 - 14
	26	Boys 400 MEDLEY RELAY 13 - 14
	27	Girls 400 MEDLEY RELAY 15 - 16
	28	Boys 400 MEDLEY RELAY 15 - 16
	29	Girls 400 MEDLEY RELAY 17 & 0
	30	Boys 400 MEDLEY RELAY 17 & 0

*50 Breastroke/100 Backstroke medals*

**SUNDAY**Event MORNING - 9am

31	Girls 200 BREASTROKE FINAL
32	Boys 200 BREASTROKE FINAL
33	50 BUTTERFLY HEAT

**TEA**

34	Girls 200 BACKSTROKE FINAL
35	Boys 200 BACKSTROKE FINAL
36	50 FREESTYLE HEAT

4pm

Event AFTERNOON

33	50 BUTTERFLY FINAL
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*400 Medley relay medals**200 Breastroke medals**200 Backstroke medals*

36	50 FREESTYLE FINAL
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**TEA**

37	Girls 800 FREESTYLE FINAL
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38	Boys 800 FREESTYLE FINAL
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*50 Butterfly medals*

39	Girls 200 FREE RELAY 12 & u
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40	Boys 200 FREE RELAY 12 & u
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41	Girls 200 FREE RELAY 13 - 14
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42	Boys 200 FREE RELAY 13 - 14
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43	Girls 200 FREE RELAY 15 - 16
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44	Boys 200 FREE RELAY 15 - 16
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45	Girls 200 FREE RELAY 17 & 0
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46	Boys 200 FREE RELAY 17 & 0
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*50 Freestyle medals**800 free medals**4 x 50 free relay medals***MONDAY**Event MORNING - 9am

47	Girls 200 IM FINAL
48	Boys 200 IM FINAL

**TEA**

49	Girls 1500 FREESTYLE FINAL
50	Boys 1500 FREESTYLE FINAL

*200 IM medals**1500 free medals***C. JUNIOR NATIONAL CHAMPIONSHIPS – HARARE (6-7 MARCH, 2010)**

- No qualifying times will apply. The selection of participants is at the discretion of the Provincial Boards.
- Swimmers will represent their Province (not Clubs).
- The age groups are 8/U, 9, 10 and 11 years. The ages being determined as at the date of gala (the age being determined as of the first day of the meet).
- Each Province may enter up to 8 swimmers in each individual event and up to 2 teams in each relay event.
- The National Junior Championships will remain in its normal format and be swum over 2 days.
- If a 33 yard pool is not available for this Competition, the gala will be swum in a ratified 25m pool.

**JUNIOR NATIONAL CHAMPIONSHIPS – ORDER OF EVENTS**

1	Men 11 Year Olds 66 Backstroke	28	Women 11 & Under 132 Freestyle Relay
2	Women 11 Year Olds 66 Freestyle	29	Men 10 & Under 132 Medley Relay
3	Men 9 & Under 132 IM	30	Women 10 & Under 132 Freestyle Relay
4	Women 9 Year Olds 33 Breaststroke	31	Women 11 Year Olds 66 Breaststroke
5	Men 10 Year Olds 66 Backstroke	32	Men 11 Year Olds 66 Butterfly
6	Women 10 Year Olds 66 Butterfly	33	Women 9 & Under 132 IM
7	Men 8 & Under 33 Freestyle	34	Men 9 Year Olds 33 Butterfly
8	Women 8 & Under 33 Butterfly	35	Women 10 Year Olds 66 Freestyle
9	Men 11 Year Olds 66 Breaststroke	36	Men 10 Year Olds 132 IM
10	Women 11 Year Olds 132 IM	37	Women 8 & Under 33 Backstroke
11	Men 9 Year Olds 33 Backstroke	38	Men 8 & Under 33 Breaststroke
12	Women 9 Year Olds 66 Freestyle	39	Women 11 Year Olds 66 Butterfly
13	Men 10 Year Olds 66 Butterfly	40	Men 11 Year Olds 66 Freestyle
14	Women 10 Year Olds 66 Backstroke	41	Women 9 Year Olds 33 Butterfly
15	Men 8 & Under 33 Butterfly	42	Men 9 Year Olds 33 Breaststroke
16	Women 8 & Under 33 Freestyle	43	Women 10 Year Olds 132 IM
17	Men 11 Year Olds 132 IM	44	Men 10 Year Olds 66 Freestyle
18	Women 11 Year Olds 66 Backstroke	45	Women 8 & Under 33 Breaststroke
19	Men 9 Year Olds 66 Freestyle	46	Men 8 & Under 33 Backstroke
20	Women 9 Year Olds 33 Backstroke	47	Women 11 & Under 132 Medley Relay
21	Women 10 Year Olds 66 Breaststroke	48	Men 11 & Under 132 Freestyle Relay
22	Men 10 Year Olds 66 Breaststroke	49	Women 9 & Under 132 Medley Relay
23	Men 8 & Under 132 Medley Relay	50	Men 9 & Under 132 Freestyle Relay
24	Women 8 & Under 132 Freestyle Relay	51	Women 10 & Under 132 Medley Relay
25	Men 9 & Under 132 Medley Relay	52	Men 10 & Under 132 Freestyle Relay
26	Women 9 & Under 132 Freestyle Relay	53	Women 8 & Under 132 Medley Relay
27	Men 11 & Under 132 Medley Relay	54	Men 8 & Under 132 Freestyle Relay

## TOURING TEAMS – GENERAL RULES

### A. INTER-CLUB TOURS

1. Criteria will be as laid down by the host country. No adjustments will be made by ZSBC. Clubs/Provinces may determine their own selection criteria as long as they are not less than the host country's requirements.
2. Selection will be by Club/Province, but must be based on times obtained at official meets and recorded on National Database.
3. Only those times reflected on original and unaltered copies of computer generated result sheets and seeding lists, will be considered by Swim SA. All Provinces/Clubs are therefore required to have access to computer based result systems and are to ensure that all respective results have been correctly processed through such facilities.
4. Qualification times to be used for selection are those that have been achieved from 1 May 2009.
5. Externally based swimmers are required to submit their times for selection consideration. These must be endorsed by their coach, confirming their accuracy.
6. Tours will be arranged and managers/coaches provided by club or province. Clubs and provinces are free to combine teams for tours.
7. **Touring teams may not refer to themselves as Zimbabwe national teams, and the national colours, flag or emblem may not be used on kit.**
8. No special passport requirements are in force, but full lists of touring teams detailing swimmers' names; ages, nationalities and passport numbers must be submitted to ZSBC for furtherance to ZAU and the Sports and Recreation Commission. This is for information purposes only and for obtaining clearance letters.

### B. INTERNATIONAL TOURS

1. Selection to any team will be in accordance with the criteria laid down and at the discretion of the selectors, subject to ratification by the ZSBC and ZAU.
2. All swimmers must be in possession of a valid Zimbabwe passport in order to be eligible for selection to any of the ZSBC Open Tours - details to be supplied on the ZSBC Registration Form. SA Level 3 will be swum as a Zimbabwe Team, but does not necessarily require a Zimbabwe Passport as it is an Age Group (Junior) Competition. All Open Competitions require the Zimbabwe Team members to be in possession of a valid Zimbabwe Passport.
3. **Only those times reflected on original and unaltered copies of computer generated result sheets and seeding lists will be considered.**
4. Externally based swimmers are required to submit their times for selection consideration. These must be endorsed by their coach, preferably on Meet Manager, confirming accuracy.
5. ZSBC is responsible for ensuring that the Selectors have available to them, current times for all swimmers and a programme of events for each tour, including criteria required by hosts prior to selection.
6. Should any individual feel that he/she has legitimate grounds for protest e.g. their own non selection, such protest must be conveyed to the Chairperson of the ZSBC. This must be done in writing (e-mail or fax transmissions are acceptable), through the respective Club Chairperson to the Provincial Chairperson, who must support such a protest, within 72 hours of the team having been officially announced. **Protests made directly to the Selectors or ZSBC board will be nullified and may thereafter not be re-submitted.** A deposit (**\$50**) must be lodged with the protest, this being forfeited should the protest be unsuccessful. The ZSBC shall meet with the Selectors as soon as possible after the expiry of the 72-hour period after the announcement of each team, at which time any protest shall be heard and a final decision made in this regard. This meeting may be telephonic or via email/fax. Following this process, the final team will be submitted to ZAU for ratification and approval.
7. For swimmers to be considered for tour selection, they must participate in at least **one** of the National Championships, excluding Junior Nationals. This means participation in either the National Sprint Gala and/or The National Swimming Championships. No excuses will be accepted.

**Note: Externally based swimmers are exempt from this requirement but are encouraged to take part in local galas wherever possible and to attend National Events where possible.**

The submission of times for selection to participate in international events will be concluded by the following dates:

8<sup>th</sup> Junior Africa Swimming Championships - 1<sup>st</sup> June, 2009  
 CANA Zone 3 & 4 Invitational – Preliminary Selection 4 October, 09 – Final 19 Oct, 09  
 Level 3 National Age Group – 1 February, 2010  
 SA National Aquatic & Youth Champs – 17<sup>th</sup> March, 2010  
 1<sup>st</sup> Olympic Youth Games TBC  
 Zone 6 Youth Games – TBC  
 10<sup>th</sup> African Swimming Champs – TBC  
 Zone 6 Youth Games – TBC FINA 10<sup>th</sup> World Shortcourse Champs – TBC  
 FINA 10<sup>th</sup> Short Course World Champs - TBC

Selectors will meet as soon as possible to finalize selection for the teams soon after selection cut off date. Any times recorded or submitted after the selection panel has been convened for each tour will not be taken into account for **selection** purposes. However, for swimmers

that have been selected, additional qualifying times achieved after the convening of the selection panel, but prior to the cut-off entry date of the relevant tour may be used to register for additional swims on that tour.

Notwithstanding the above clauses detailed, the selectors may take into consideration any additional criteria as the Board may direct or as circumstances warrant, with such selection being subject to ratification by the Board of Control and ZAU.

All touring teams shall travel together unless otherwise decided by the ZSBC at its discretion.  
All touring teams shall stay together unless otherwise decided by the ZSBC at its discretion.

## **TOUR COACHES AND MANAGERS – GENERAL RULES**

- **These rules do not apply to inter-club tours.**
- **Full details of the criteria, requirements and expectations of tour coaches and managers are contained in an INFORMATION PACK compiled by ZSBC. Copies of this info pack are available on request.**
- Coaches and managers for tours will be selected by the Selectors and ratified by ZSBC and ZAU. Selection will be based upon the ability and experience of the coach / manager relevant to the level of the tour. Coaches and managers will follow a progression plan and will not advance to higher-level tours until they have relevant experience at lower levels.
- Selection will be based primarily upon ability. Thereafter the Selectors will take into account any tours recently conducted by an individual, with a view to developing experience of other candidates. The selectors may however nominate the candidate who in their opinion is best suited for a particular manager / coach position regardless of whether that individual has recently conducted other tours.  
All coaches and managers wishing to be considered for selection are required to provide the board with curricula vitae (ZSBC have these forms ready for completion via email) and copies of any relevant certificates on or before **17 October, 2009**.
- Usually one coach and one manager will be required for tours, unless the team is **less than 10 strong**, in which case the coach will double as manager. ZSBC may at its discretion elect to provide additional coaches and managers for large teams.
- The travel, accommodation and subsistence costs for the official coach and manager will be provided from tour funds. Accommodation and subsistence costs for additional days spent outside Zimbabwe will be covered from tour funds only if these days are unavoidable.
- Self-funding parents or club coaches who wish to accompany tours may make application to ZSBC to be considered as **learner / assistant coach or manager**. Where possible, applications should be accompanied by CVs and certificates. Where ZSBC elects to make available such positions, the assistants / learners will be selected by the Selectors, but funding may/may not be provided from tour funds.
- All selected officials and learner/assistant coaches and managers are required to be in possession of the information pack referred to above, and to familiarize themselves with it.
- In cases where tours are provided with assistant/learner coaches and managers, the qualified official coach and manager will remain in charge.
- Parents and club coaches accompanying tours who have **not** been selected as officials or learners/assistants are expressly forbidden from becoming involved in coaching or management issues and equally are not to be involved in travel, accommodation and Team arrangements.

## **TOUR CRITERIA**

**Important Notes:**

- The time criteria and time requirements (numbers of qualifying times) listed in the following tours are the minimum requirement for a swimmer to be considered for selection. Achievement of these criteria does not necessarily mean that a swimmer will be selected.
- The Selectors further reserve the right to include in tour teams swimmers who may not have achieved the criteria but who come acceptably close in the Selectors' opinion, or for purposes of completing a relay team.
- Detailed tour criteria appear in the following pages.
- The inter-club criteria for the SA tours are provided for information only and will not be administered by ZSBC.

**8<sup>th</sup> JUNIOR AFRICA SWIMMING CHAMPIONSHIPS****TO BE HELD IN MAURITIUS****22-25 OCTOBER, 2009**

- This is a **Zimbabwe Tour** and as this is an Age Group Competition which consists of two age groups only G1 for ages of 14 years and under, whilst G2 shall be for swimmers between the ages of 15 and 16 years for both male and female events. Swimmers must be in the possession of a valid Zimbabwe Passport which will be required for participation and travel for at least 6 months after departure date.
- This competition is open to swimmers aged 13/14yrs and 15/16 years as at 1<sup>st</sup> date of gala ie 22 October, 2009.
- Only **One Level 3** qualifying time to be achieved (for G1 14 yr old times, and for G2 16 yr old times) to qualify for selection.
- Selection times taken from **1 May, 2008**.
- **See TABLE 2 (SA Level 3 Times 2009)**.
- Swim entries to be selected by Zimbabwe Swimming Board of Control Selectors.
- Zimbabwe Age Group tracksuits to be the official tracksuit for this tour.

**CANA ZONE 3 & 4 INVITATION SWIMMING GALA****TO BE HELD IN NAIROBI, KENYA****7 – 10 JANUARY, 2010**

- This is a **Zimbabwe Tour** and therefore any swimmer to be eligible for selection, must have in their possession a valid Travel Document. Zimbabwe Passport not compulsory.
- This competition is open to swimmers aged 10 years and over.
- Please note 10 year olds selected at the discretion of the selectors. Age grouping for the competition will be 10/Under, 11/12, 13/14, 15/16, 17/O age as at 7 January, 2010.
- Only two swimmers per age group per event may be entered by each Country.
- Selection times to be taken from **10<sup>th</sup> January, 2009**.
- Only two Relay age groups to be entered – 14/Under and 15/Over.
- A preliminary ZSBC Selection to be done on 4 **October, 2009** with a final selection to be done on **20 October, 2009**.
- Official tracksuit will be Zim Zone 3 & 4 Tracksuit.

**LEVEL 3 NATIONAL AGE GROUP CHAMPIONSHIPS**



## TO BE HELD AT JOAN HARRISON AQUATIC COMPLEX, EAST LONDON, RSA

12 – 16 MARCH, 2010

- This is a **Zimbabwe Tour** but as this is an Age Group Competition (18 and under) Junior tour, any valid travel document acceptable for participation and travel.
- This competition is open to swimmers aged 12 years up to 18 years as at 1<sup>st</sup> date of gala ie 12 March, 2010. Age grouping for the competition will be 12 yrs, 13 yrs, 14 yrs, 15 yrs, 16 yrs, 17/18 yrs.
- Any number of swimmers per age group per event may be entered.
- Selection times to be taken from **1 May, 2009**.
- Only **One Level 3** qualifying time to be achieved to qualify for selection. Swimmers may enter all events that they have qualified in plus **three** additional events that they have not qualified in, provided they have times on the database for the additional **three** selected events.
- There will be no qualifying times for any of the 50's events. Swimmers who have qualified in any event may in addition to their 3 unqualified events (100m and longer) choose any of the 50's provided they have times on the database for the particular event.
- See **TABLE 2 (SA Age Group Time Standards 2010)**.
- ZSBC Selection to be done on **1 February, 2010** with a final team to be ratified by ZAU.
- Official tracksuit will be Zimbabwe Junior Age Group Tracksuit (Navy Zimbabwe Tracksuit).

### LEVEL 3 - PROGRAM OF EVENTS

This competition will be swum in an eight lane format.

#### Day 1 – starting at 17:00

400 free men 12&U 13 14 15 16 17-18  
Timed finals  
400 free women 12&U 13 14 15 16 17-18  
Timed finals

50 fly men 12&U 13 14 15 16 17 - 18  
50 fly women 12&U 13 14 15 16 17 - 18  
4x100 med.relay men 14&U 15 - 18  
4x100 med.relay women 14&U 15 - 18

#### Day 2

100 back men 12&U 13 14 15 16 17-18  
100 back women 12&U 13 14 15 16 17-18  
200 fly men 12 - 14 15 - 18 timed finals  
200 fly women 12 - 14 15 - 18 timed finals  
50 breast men 12&U 13 14 15 16 17-18  
50 breast women 12&U 13 14 15 16 17-18  
200 free men 12&U 13 14 15 16 17-18  
200 free women 12&U 13 14 15 16 17-18  
4x100 fr.relay men 14&U 15 - 18  
4x100 fr.relay women 14&U 15 - 18

#### Day 4

50 free men 12&u 13 14 15 16 17 - 18  
50 free women 12&u 13 14 15 16 17 - 18  
200 i.m. men 12&u 13 14 15 16 17 - 18  
200 i.m. women 12&u 13 14 15 16 17 - 18  
50 back men 12&u 13 14 15 16 17 - 18  
50 back women 12&u 13 14 15 16 17 - 18  
800 free women 12 - 14 15 - 18 timed finals  
1500 free men 12 - 14 15 - 18 timed finals

#### Day 3

100 free men 12&U 13 14 15 16 17-18  
100 free women 12&U 13 14 15 16 17-18  
100 breast men 12&U 13 14 15 16 17-18  
100 breast women 12&U 13 14 15 16 17-18  
400 i.m. men 12 - 14 15 - 18 timed finals  
400 i.m. women 12 - 14 15 - 18 timed finals

#### Day 5

200 breast men 12&u 13 14 15 16 17 - 18  
200 breast women 12&u 13 14 15 16 17 - 18  
100 fly men 12&u 13 14 15 16 17 - 18  
100 fly women 12&u 13 14 15 16 17 - 18  
200 back men 12&u 13 14 15 16 17 - 18  
200 back women 12&u 13 14 15 16 17 - 18  
4x50 fr.relay men 14&U 15 - 18  
4x50 fr.relay women 14&U 15 - 18

### LEVEL 2 REGIONAL AGE GROUP CHAMPIONSHIPS

**TO BE HELD AT DELVILLE POOL, GERMISTAN, JHB, RSA  
19 – 22 MARCH, 2010**

- This is a Provincial Tour (Age Group Junior Competition) therefore any valid travel document will be acceptable for participation and travel.
- This competition is open to swimmers aged 11/under yrs to 18 years as at 1<sup>st</sup> date of gala ie 19 March, 2010. Age grouping for the gala will be 11/under, 12yrs, 13yrs, 14yrs, 15yrs, 16-18
- Any number of swimmers per age group per event may be entered.
- Only **One Level 2** qualifying time to be achieved to qualify for selection.
- See **Table 2 (SA Age Group Time Standards 2010)**
- Swimmers may enter all events that they have qualified in and **three** additional events as long as they have recorded times on the Database from **1 May, 2009**.
- If a swimmer has achieved one Level 3 qualifying time, he/she must participate at Level 3.
- Selection times to be taken from **1 May, 2009**.
- A preliminary **Mashonaland Selection** to be done on **1 February, 2010**.
- Official tracksuit will be Mashonaland Tracksuit for Mashonaland Team and Matabeleland Tracksuit for Matabeleland Team. And Provincial Tracksuits for any other Provinces that wish to enter a Team separately to these two provinces.
- The Team will be under the direct responsibility of the Provincial Manager and Coach.
- Participation at Mashonaland Championships and Nationals will be required for Selection for Mashonaland Team.
- (Swimmers not residing in Zimbabwe may be exempt from this part of the Criteria as determined by each Provincial Board).

**LEVEL 2 - PROGRAM OF EVENTS**

**DAY 1 – Start at 17:00**

400 FREE MEN 11&U 12 13 14 15 16 - 18  
400 FREE WOMEN 11&U 12 13 14 15 16 - 18  
**Starting Time: Heats 08:30 Finals 16:00**

**DAY 2**

200 FREE MEN 11&U 12 13 14 15 16 - 18  
200 FREE WOMEN 11&U 12 13 14 15 16 - 18  
100 BREAST MEN 11&U 12 13 14 15 16 - 18  
100 BREAST WOMEN 11&U 12 13 14 15 16 - 18  
50 BACK MEN 11&U 12 13 14 15 16 - 18  
50 BACK WOMEN 11&U 12 13 14 15 16 - 18  
50 BACK MEN Multi-Disability 14/u 15 - 18  
50 BACK WOMEN Multi-disability 14/u 15 - 18  
100 FLY MEN 11&U 12 13 14 15 16 - 18  
100 FLY WOMEN 11&U 12 13 14 15 16 - 18  
4x100 FR.RELAY MEN 13&U 14 - 18  
4x100 FR.RELAY WOMEN 13&U 14 - 18

**DAY 3**

100 FREE MEN 11&U 12 13 14 15 16 - 18  
100 FREE WOMEN 11&U 12 13 14 15 16 - 18  
100 FREE MEN Multi-Disability 14/u 15 - 18  
100 FREE WOMEN Multi-disability 14/u 15 - 18  
50 BREAST MEN 11&U 12 13 14 15 16 - 18  
50 BREAST WOMEN 11&U 12 13 14 15 16 - 18

50 BREAST MEN Multi-Disability 14/u 15 - 18  
50 BREAST WOMEN Multi-Disability 14/u 15 - 18  
100 BACK MEN 11&U 12 13 14 15 16 - 18  
100 BACK WOMEN 11&U 12 13 14 15 16 - 18  
200 I.M. MEN 11&U 12 13 14 15 16 - 18  
200 I.M. WOMEN 11&U 12 13 14 15 16 - 18  
4x50 FR.RELAY MEN 13&U 14 - 18  
4x50 FR.RELAY WOMEN 13&U 14 - 18

**DAY 4**

50 FREE MEN 11&U 12 13 14 15 16 - 18  
50 FREE WOMEN 11&U 12 13 14 15 16 - 18  
50 FREE MEN MULTI-DISABILITY 14/u 15 - 18  
50 FREE WOMEN Multi-Disability 14/u 15 - 18  
200 BREAST MEN 11&U 12 13 14 15 16 - 18  
200 BREAST WOMEN 11&U 12 13 14 15 16 - 18  
200 BACK MEN 11&U 12 13 14 15 16 - 18  
200 BACK WOMEN 11&U 12 13 14 15 16 - 18  
50 FLY MEN 11&U 12 13 14 15 16 - 18  
50 FLY WOMEN 11&U 12 13 14 15 16 - 18  
50 FLY MEN Multi-Disability 14/u 15 - 18  
50 FLY WOMEN Multi-Disability 14/u 15 - 18  
4x50 MED.RELAY MEN 13&U 14 - 18  
4x50 MED.RELAY WOMEN 13&U 14 - 18

## LEVEL 1 REGIONAL AGE GROUP CHAMPIONSHIPS

TO BE HELD IN VAAL TRIANGLE, SASOLBURG, RSA

27 – 29 MARCH, 2010

- This is a **Club / Provincial Tour** (Age Group Junior Competition), therefore any valid travel document will be acceptable for participation and travel.
- This competition is open to swimmers aged 10 years up to 18 years as at 1<sup>st</sup> date of gala ie 27 March, 2010. Age grouping for the competition will be 10&U yrs, 11 yrs, 12yrs, 13 yrs, 14 yrs, 15 yrs, 16 - 18yrs.
- Any number of swimmers per age group per event may be entered.
- Only **One Level 1** qualifying time to be achieved to qualify for selection although provinces may require more times for their selection.
- See **TABLE 2 (SA Age Group Time Standards 2010)**.
- Swimmers may enter all events that they have qualified in and **three** additional events as long as they have recorded time on the Data Base, as from **1 May '09**.
- If a swimmer has achieved one Level 2 or Level 3 qualifying time, he/she must participate at Level 2 or Level 3 respectively.
- Selection times to be taken from **1 May, 2009**.
- A preliminary **Mashonaland Selection** to be done on **1 February, 2010**.

Official tracksuit will be Club / Provincial Mashonaland Tracksuit for Mashonaland Team and Club / Matabeleland Tracksuit for Matabeleland Team. And Club / Provincial Tracksuits for any other Provinces that wish to enter a Team separately to these two provinces.

### LEVEL 1 - PROGRAM OF EVENTS

#### **DAY 1**

200 BREAST MEN 12&U 13 14 15 - 16  
200 BREAST WOMEN 12&U 13 14 15 - 16  
100 FREE MEN 10&U 11 12 13 14 15 - 16  
100 FREE WOMEN 10&U 11 12 13 14 15 - 16  
50 BACK MEN 10&U 11 12 13 14 15 - 16  
50 BACK WOMEN 10&U 11 12 13 14 15 - 16  
200 I.M. MEN 12&U 13 14 15 - 16  
200 I.M. WOMEN 12&U 13 14 15 - 16  
4x50 MED.RELAY MEN 12&U 13 - 16  
4x50 MED.RELAY WOMEN 12&U 13 - 16

#### **DAY 2**

200 FREE MEN 12&U 13 14 15 - 16  
200 FREE WOMEN 12&U 13 14 15 - 16  
100 BACK MEN 10&U 11 12 13 14 15 - 16  
100 BACK WOMEN 10&U 11 12 13 14 15 - 16

50 FLY MEN 10&U 11 12 13 14 15 - 16  
50 FLY WOMEN 10&U 11 12 13 14 15 - 16  
100 BREAST MEN 10&U 11 12 13 14 15 - 16  
100 BREAST WOMEN 10&U 11 12 13 14 15 - 16  
4x100 FR/RELAY MEN 12&U 13 - 16  
4x100 FR/RELAY WOMEN 12&U 13 - 16

#### **DAY 3**

200 BACK MEN 12&U 13 14 15 - 16  
200 BACK WOMEN 12&U 13 14 15 - 16  
50 BREAST MEN 10&U 11 12 13 14 15 - 16  
50 BREAST WOMEN 10&U 11 12 13 14 15 - 16  
100 FLY MEN 11&U 12 13 14 15 - 16  
100 FLY WOMEN 11&U 12 13 14 15 - 16  
50 FREE MEN 10&U 11 12 13 14 15 - 16  
50 FREE WOMEN 10&U 11 12 13 14 15 - 16  
4x50 FR/RELAY MEN 12&U 13 - 16  
4x50 FR/RELAY WOMEN 12&U 13 - 16

### SA NATIONAL AQUATIC CHAMPIONSHIPS & YOUTH CHAMPS

## TO BE HELD IN KINGS PARK, DURBAN, RSA

12 – 17 APRIL, 2010

### SA NATIONALS

- This is a **Zimbabwe Tour** and an Open Competition (one age group), therefore a valid Zimbabwe Passport will be required for participation and travel.
- This competition is open to swimmers aged 16 years and over as at 1<sup>st</sup> date of gala ie 12 April, 2010.
- Only **One SA National** qualifying time to be achieved to qualify for selection.
- **See TABLE 3 (SA National Times 2010).**
- Swimmers may enter the events they have SA National qualifying times for, plus **three** additional events provided they have times as from **1 May 2009**.
- Provinces may enter their fastest non qualifier in an event where they do not have any swimmers with qualifying times entered.
- Selection times to be taken from **1 May, 2009**.
- A preliminary ZSBC Selection to be done on 24 February, 2010, with a final selection on **20 March, 2010**. Team to be ratified by ZAU.
- Official tracksuit will be Zimbabwe Senior Open Tracksuit (Green & White Tracksuit).

### YOUTH CHAMPS

- Only swimmers born in the following years will be permitted to enter provided they have achieved the qualifying time: Men born in 1991 – 1995 and Women born in 1992 – 1996
- The heats for the SA Youth Nationals and S A Aquatic Championships will be swum as a combined event.
- Swimmers in the above age groups who have not achieved the SA National Qualifying Time will not be considered for the S A Nationals semi-finals/finals, however swimmers in the above age groups who have qualified for S A Nationals may choose to be considered for the SA Youth Finals as well as S A Nationals semi-finals/finals. This must indicated to the Admin Referee as soon as the results for the event are published
- Swimmers who have achieved one SA Youth qualifying standard may enter **three** additional events, provided they have times on the SSA Database.
- The final results for the 800 and 1500 Freestyle for the SA Youth Championships will be determined from the results achieved in the heats. There will be no Finals.

<b>6 DAY PROGRAM FOR SA NATIONAL AQUATIC CHAMPIONSHIPS 2010</b>					
<b>(Including events for the Disabled)</b>					
<b>DAY 1 12 April</b>	<b>DAY 2 13 April</b>	<b>DAY 3 14 April</b>	<b>DAY 4 15 April</b>	<b>DAY 5 16 April</b>	<b>DAY 6 17 April</b>
<b>Heats: 10:00</b>	<b>Heats: 10:00</b>	<b>Heats: 10:00</b>	<b>Heats: 10:00</b>	<b>Heats: 10:00</b>	<b>Heats: 10:00</b>
W 200m Freestyle	M 50m Butterfly	W 800m Freestyle	M 50m Breast	M 50m Freestyle	W 200m Butterfly
<i>M Disabled 100m Back</i>	<i>W Disabled 50m Fly</i>	<i>M 800m Freestyle</i>	W 50m Back	<i>W Disabled 50m Free</i>	M 200m Breast
<i>W Disabled 100m Back</i>	<i>W Disabled 50m Fly</i>	<i>M Disabled 100m Free</i>	M 100m Butterfly	<i>M Disabled 50m Free</i>	<i>W Disabled 200m IM</i>
M 50m Back	<i>M Disabled 50m Fly</i>	<i>W Disabled 100m Free</i>	<i>W Disabled 100m Fly</i>	W 200m Back	<i>M Disabled 200m IM</i>
W 50m Butterfly	W 100m Back	M 100m Freestyle	<i>M Disabled 100m Fly</i>	M 1500m Freestyle	W 400m IM
M 400m Freestyle	M 100m Breast	W 100m Butterfly	W 100m Breast	<i>W Disabled 50m Breast</i>	W 4 x 100m Medley Relay
W 200m IM	<i>W Disabled 100m Breast</i>	<i>M Disabled 50m Back</i>	M 100m Back	<i>M Disabled 50m Breast</i>	M 4 x 100m Medley Relay
M 200m Butterfly	<i>M Disabled 100m Breast</i>	<i>W Disabled 50m Back</i>	W 50m Freestyle	W 400m Freestyle	
W 50m Breast	W 100m Freestyle	M 200m Back	M 400m IM	M 200m IM	
M 4 x 100m Freestyle Relay	M 200m Freestyle	W 200m Breast	<i>W 4 x 50m Freestyle Relay</i>	W 4 x 100m Freestyle Relay	
<i>W 1500m Freestyle</i>	W 4 x 200m Freestyle Relay		<i>M 4 x 50m Freestyle Relay</i>		
M 4 x 200m Freestyle Relay					

**Opening Ceremony - Time to be confirmed.**

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<b>Finals:18:00</b>	<b>Finals:18:00</b>	<b>Finals:18:00</b>	<b>Finals:18:00</b>	<b>Finals:18:00</b>	<b>Finals:18:00</b>
W 200m Freestyle F	W 50m Butterfly F	M 200m Back F	W 100m Butterfly F	M 100m Butterfly F	M 50m Freestyle F
w youth 200m freestyle f	M 50m Back F	m youth 200m Back f	M 50m Breast SF	W 50m Freestyle F	W 200m Butterfly F
<i>M "B" Disabled 100m Back</i>	<i>W "B" Disabled 50m Fly</i>	W 100m Freestyle F	m youth 50m breast f	M 50m Breast F	w youth 200m fly f
<i>W "B" Disabled 100m Back</i>	<i>M "B" Disabled 50m Fly</i>	<i>M "B" Disabled 100m Freestyle</i>	W 50m Back SF	W 200m Back F	M 200m Breast F
<i>M Disabled 100m Back</i>	<i>W Disabled 50m Fly</i>	<i>W "B" Disabled 100m Freestyle</i>	w youth 50m back f	w youth 200m back f	m youth 200m breast f

<i>W Disabled 100m Back</i>	<i>M Disabled 50m Fly</i>	<i>M Disabled 100m Freestyle</i>	M 100m Freestyle F	<i>W "B" Disabled 50m Freestyle</i>	<i>W "B" Disabled 200m IM</i>
M 50m Back SF	W 50m Breast F	<i>W Disabled 100m Freestyle</i>	W 100m Breast SF	<i>M "B" Disabled 50m Freestyle</i>	<i>M "B" Disabled 200m IM</i>
m youth 50m back f	m youth 50m fly f	M 100m Freestyle SF	w youth 50m breast f	<i>W Disabled 50m Freestyle</i>	<i>W Disabled 200m IM</i>
W 50m Butterfly SF	M 50m Butterfly SF	m youth 100 freestyle f	M 100m Back SF	<i>M Disabled 50m Freestyle</i>	<i>M Disabled 200m IM</i>
w youth 50m fly f	M 100m Breast SF	W 100m Butterfly SF	m youth 100m back f	M 50m Freestyle SF	W 400 Ind. Medley F
M 400m Freestyle F	m youth 100m breast f	w youth 100m fly f	W 50m Freestyle SF	m youth 50 m free f	w youth 400 IM f
m 400m freestyle f	W 100m Freestyle SF	W 200m Breast F	w youth 50m free f	W 100m Breast F	M 1500m Freestyle F
W 200m IM F	w youth 100m freestyle f	w youth 200m breast f	M 100m Butterfly SF	M 100m Back F	? M youth 1500m free
w youth 200m im f	M 200m Freestyle F	M 50m Butterfly F	m youth 100m fly f	W 400m Freestyle F	W 4 x 100m Medley Relay F
M 200m Butterfly F	m youth 200m freestyle f	W 100m Back F	<i>W "B" Disabled 100m Fly</i>	w youth 400 free f	M 4 x 100m Medley Relay F
m youth 200m fly f	W 100m Back SF	M 100m Breast F	<i>M "B" Disabled 100m Fly</i>	<i>W "B" Disabled 50m Breast</i>	
W 50m Breast SF	w youth 100m back f	<i>M "B" Disabled 50m Back</i>	<i>W Disabled 100m Fly</i>	<i>M "B" Disabled 50m Breast</i>	
w 50m breast f	<i>W 1500m Freestyle F</i>	<i>W "B" Disabled 50m Back</i>	<i>M Disabled 100m Fly</i>	<i>W Disabled 50m Breast</i>	
m youth 100m freestyle relay f	<i>M Disabled 50m Back</i>	M 400m IM F	<i>M Disabled 50m Breast</i>		
M 4 x 100m Freestyle Relay F	<i>W Disabled 50m Back</i>	M youth 400m im f	W 50m Back F		
W 4 x 200m Freestyle Relay F	W 800m Freestyle		M 200 Ind. Medley F		
M 4 x 200m Freestyle Relay F	<i>M 800m Freestyle F</i>		m youth 200 im f		
<i>W 4 x 50m Freestyle Relay F</i>			W 4 x 100m Freestyle Relay F		
<i>M 4 x 50m Freestyle Relay F</i>					

## **ZIMBABWE SWIMMING BOARD OF CONTROL - NATIONAL PROGRAM & TOUR CRITERIA 09/10**

For the 2009/2010 swimming season, the Zimbabwe Swimming Board of Control has selected the following tours for participation.

**TABLE1**

<b>DATE</b>	<b>COMPETITION</b>	<b>VENUE</b>	<b>TOUR</b>	<b>SELECTION</b>	<b>OFFICIAL</b>	<b>AGE</b>	<b>PASSPORT</b>
			<b>STATUS</b>	<b>DATE/ENTRIES</b>	<b>TRACKSUIT</b>	<b>REQUIRED</b>	<b>REQUIRED</b>
						-	-
<b>17 OCT '09</b>	<b>NATIONAL SPRINT GALA</b>	<b>MUTARE</b>	<b>NATIONAL</b>	<b>ENTRIES – 15/10/09</b>	<b>CLUB T/S</b>	<b>7YRS &amp; OVER</b>	<b>N/A</b>
17-18 OCT '09	FINA WORLD CUP	DURBAN	ZIMBABWE	12 SEP 09	ZIM SNR T/S	16YRS & OVER	ZIMBABWE
22-25 OCT '09	8TH JUNIOR AFRICA CHAMPS	MAURITIUS	ZIMBABWE	1 <sup>ST</sup> JUNE,2009	ZIM JNR T/S	13/14 & 15/16	ZIMBABWE
7-10 JAN '10	CANA ZONE 3 & 4 INVITATION	KENYA	ZIMBABWE	4 OCT - 19 OCT 09	ZIM ZONE T/S	10YRS & OVER	Any Travel Document
<b>18-22 FEB '10</b>	<b>SENIOR NATIONAL CHAMPS</b>	<b>BULAWAYO</b>	<b>NATIONAL</b>	<b>ENTRIES - 15/02/10</b>	<b>SNR PROV T/S</b>	<b>10YRS &amp; OVER</b>	<b>N/A</b>
<b>6-7 MAR '10</b>	<b>JUNIOR NATIONAL CHAMPS</b>	<b>HARARE</b>	<b>NATIONAL</b>	<b>ENTRIES - 04/03/10</b>	<b>JNR PROV T/S</b>	<b>7 - 11 YRS</b>	<b>N/A</b>
12-16 MAR '10	LEVEL 3 NAT AGE GROUP	EAST LONDON	ZIMBABWE	1 <sup>ST</sup> FEB 2010	ZIM JNR T/S	12 - 18 YRS	Any Travel Document
19-22 MAR '10	LEVEL 2 REG AGE GROUP	GERMISTAN, JHB	PROVINCIAL	BY PROVINCE	PROV T/S	11 - 18 YRS	Any Travel Document
27-29 MAR '10	LEVEL 1 REG AGE GROUP	SASOLBURG	PROV/CLUB	CLUB/PROVINCE	PROV / CLUB	10 - 16 YRS	Any Travel Document
7-10 APR '10	10 <sup>TH</sup> FINA WORLD S/C CHAMP	DUBAI	ZIMBABWE	TBC	ZIM SNR T/S	16 & OVER	ZIMBABWE
14-19 APR '10	SA NAT AQUATIC CHAMPS YOUTH CHAMPS	DURBAN, RSA	ZIMBABWE	17 MARCH, 2010	ZIM SNR T/S	16 & OVER M15-19, F14-18	ZIMBABWE
14-26 AUG '10	1 <sup>ST</sup> YOUTH OLYMPIC GAMES	SINGAPORE	ZIMBABWE	TBC	ZIM JNR T/S	15/16 & 17/18	ZIMBABWE
SEPT '10	10 <sup>TH</sup> AFRICAN SNR CHAMPS	KENYA	ZIMBABWE	TBC	ZIM SNR T/S	15 & OVER	ZIMBABWE
SEPT '10	ZONE 6 YOUTH GAMES	SWAZILAND	SRC	TBC	SRC T/S	16 & OVER	ZIMBABWE